

APRIL 2026

# Hazard Middle School

LUNCH

Monday

Manager's Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

WG Chicken Nuggets

Meatloaf

Mashed Potatoes

Green Beans

WG Roll

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

WG Chicken Tenders

Managers Choice

Macaroni & Cheese

Seasoned Peas

WG Roll

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

WG Chicken Nuggets

Meatloaf

Mashed Potatoes

Green Beans

WG Roll

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Tuesday

Manager's Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Baked Potato Bar

WG Bosco Cheese Sticks W/Marinara Sauce

Steamed Broccoli

Side Salad W/Dressing Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Beef Taco's, Shredded Cheese or Queso Cheese

W/Romaine Lettuce Diced Tomatoes

Chicken Quesadilla W/WG Tortilla Wrap

Stir Fry Vegetables or

California Blend Vegetables

Baby Carrots W/Ranch Dressing

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Baked Potato Bar

WG Bosco Cheese Sticks W/Marinara Sauce

Steamed Broccoli

Side Salad W/Dressing Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Wednesday

NO SCHOOL

Cheeseburger/Hamburger Choice W/WG Bun

WG Chicken Pate W/WG Bun

Chief Salad W/Crackers/Dressing

Baked French Fries

Romaine Lettuce/Tomato/Pickle Slices

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Hotdog/Chili W/WG Bun

Nacho's/Chili/Cheese

Chief Salad W/Crackers/Dressing

Baked Potato Tots

Pork N Beans

Variety of Chilled & Fresh Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Cheeseburger/Hamburger Choice W/WG Bun

WG Chicken Pate W/WG Bun

Chief Salad W/Crackers/Dressing

Baked French Fries

Romaine Lettuce/Tomato/Pickle Slices

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Hotdog/Chili W/WG Bun

Nacho's/Chili/Cheese

Chief Salad W/Crackers/Dressing

Baked Potato Tots

Variety of Chilled & Fresh Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Thursday

NO SCHOOL

Sandwich Bar W/Baked Chips

Toasted Cheese W/WG Bread

W/Baked Potato Tots

Sandwich Trimmings

Dill Pickle Wedges

Crazy Cucumbers

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Mandarin Orange Chicken W/WG Noodles

Manager's Choice

Seasoned Rice W/Vegetables

Egg Roll

Black Beans

Variety of Chilled & Fresh Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Sandwich Bar W/Baked Chips

Toasted Cheese W/WG Bread

W/Baked Potato Tots

Sandwich Trimmings

Dill Pickle Wedges

Crazy Cucumbers

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Mandarin Orange Chicken W/WG Noodles

Manager's Choice

Seasoned Rice W/Vegetables

Egg Roll

Black Beans

Variety of Chilled & Fresh Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Friday

NO SCHOOL

WG Peppertoni or Cheese Pizza

Beef & Cheese Burrito

Whole Kernel Corn

Side Salad W/Dressing Choice

Fresh Fruit & Chilled Fruit Choices

Yogurt Stick

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

WG Peppertoni or Cheese Pizza

Sloppy Joe W/WG Bun

Whole Kernel Corn

Side Salad W/Dressing Choice

Fresh Fruit & Chilled Fruit Choices

Yogurt Stick

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

WG Peppertoni or Cheese Pizza

Manager's Choice

Whole Kernel Corn

Side Salad W/Dressing Choice

Fresh Fruit & Chilled Fruit Choices

Yogurt Stick

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

The Hazard Independent Schools District is committed to creating a healthy environment for each student. If you are interested in reviewing the district local wellness plan, would like the opportunity to participate as a member of the school wellness team that is responsible for the development and implementation of the policy, or providing feedback on the nutrition environment please contact Rachel Miller, Food Service Director at 606-436-0498 or via email [rachelmiller@hazard.kyschools.us](mailto:rachelmiller@hazard.kyschools.us)

Menus are subject to change without notice due to delivery problems or substitutions of foods.

Menus are available on our school district website: [www.hazard.kyschools.us](http://www.hazard.kyschools.us)

This institution is an equal opportunity provider.

# APRIL 2026

## Hazard Middle School

BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

Wellness Meetings Notification:

Health Wellness Plan Committee has two meetings scheduled to review the Wellness Plan. The first meeting will be at Hazard Middle School Family Resource Room November 11, 2025, at 10:00 A.M.  
The second meeting will be at Hazard Board of Education May 12, 2026, at 10:00 A.M.

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

Manager's Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Manager's Choice

Fresh Fruit & Chilled Fruit Choices

Milk Choices:

1% White, 1% Chocolate, 1% Strawberry

Egg Cheese Omelet/Bacon Slice

W/WWG Toast

Sausage Link

Manager's Choice

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

WG Breakfast Pizza

WG Pop Tart Choice

Strawberry/Blueberry

Peach Smoothie W/WWG Muffin

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

WG Mini Maple Waffles W/Syrup

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Blueberry Bagel W/Cream Cheese

Variety of WG 1 oz. Cereals W/String Cheese

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Chicken Pattie W/Biscuit

Strawberry Smoothie W/Graham Cracker

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

Sausage Biscuit

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Donut

WG Trx Muffin/Yogurt Parfait

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Mini Cornetti Pancakes W/Syrup

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

Sausage/Egg/Cheese Tomato

Variety of WG 1 oz. Cereals W/String Cheese

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

WG Chicken Pattie W/Pancake

Manager's Choice

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

Egg Cheese Omelet/Bacon Slice

W/WWG Toast

Sausage Link

Manager's Choice

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

WG Breakfast Pizza

WG Pop Tart Choice

Strawberry/Blueberry

Peach Smoothie W/WWG Muffin

100% Juice Choice: Apple/Grape/Orange

Fruit Choices:

Fresh Fruit or Chilled Fruit

Milk Choices:

1% White/1% Chocolate/1% Strawberry

WG Mini Maple Waffles W/Syrup

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Cereal Kit Choice

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Chicken Pattie W/Biscuit

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

Sausage Biscuit

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry

WG Donut

Manager's Choice

100% Juice Choice:

Apple/Orange/Grape

Fruit Choice:

Variety of Fresh & Chilled Fruit

Milk Choice:

1% White/1% Chocolate/1% Strawberry



Hazard Independent Schools is a CEP School District. All students eat breakfast and lunch at no charge. Food Allergies: Students with food allergies may request Meal modifications when a USDA-required form is completed by a medical authority. Forms are available from the School Nutrition Service Manager or Central Office and must be completed and signed by a Physician. Parents are encouraged to make the Nutrition Service Staff and School Office Aware of all student allergies. Menus are subject to change without notice due to delivery problems or substitutions of foods.

Menus are available on our school district website: [www.hazard.kyschools.us](http://www.hazard.kyschools.us)

Cafeteria Manager, Jeanette Miller Telephone: 606-436-2940

Food Service Director, Rachel Miller Telephone: 606-436-0498

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