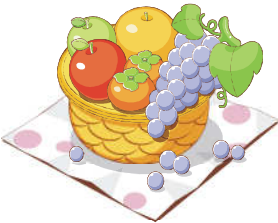


Bath County Public Schools AUGUST 2013 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<p>20 <u>BREAKFAST:</u> Pancakes w/ Syrup</p> <p><u>LUNCH:</u> Chicken Nuggets, Macaroni & Cheese, Broccoli, Carrots/Celery w/ Lite Ranch, Choice of Fruit, Roll (Gr.9-12)</p>	<p>21 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Green Beans, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Egg Pattie, Biscuit</p> <p><u>LUNCH:</u> Hamburger on Bun, French Fries, Veggie Cup w/ Lite Ranch, Choice of Fruit</p>
<p>26 <u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Hot Dog on Bun, Kidney Beans, Cole Slaw, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Taco Salad, Corn, Broccoli, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Scrambled Egg, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Enriched Brown Rice, Green Beans, Veggie Cup, Choice of Fruit</p>	<p>29 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Hamburger on Bun w/ Cheese, Baked Potato, Baby Carrots w/ Lite Ranch, Choice of Fruit</p>	<p>30 <u>BREAKFAST:</u> Pancake on a Stick</p> <p><u>LUNCH:</u> Chicken, Macaroni & Cheese, Pinto Beans, Cauliflower/Broccoli w/ Lite Ranch, Roll (Gr.9-12)</p>

A prepared tossed salad will be offered daily as a vegetable choice in the schools.

All breakfasts are served with a choice of fruit or juice.
All meals are served with a choice of low-fat or fat-free milk.

Menus are subject to change depending on prices and availability of food items.



NEW 2013-2014 Lunch Prices

Grade	Breakfast	Lunch
PK-5	.90¢	\$1.65
6-12	\$1.15	\$1.90
Adult	\$1.50	\$2.75

- Grades K-5... A complete lunch is 1 protein (8-9 oz. weekly), 1 grain item (8-9 oz. weekly), ½ cup fruit, ¼ cup vegetables, and ½ pint of low-fat or fat-free milk.
- Grades 6-8... A complete lunch is 1 protein item (9-10 oz. weekly), 1 grain item (8-10 oz. weekly), ½ cup fruit, ¼ cup vegetables, and ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.
- Grades 9-12...A complete lunch is 1 protein item (10-12 oz. weekly), 1 grain item (10-12 oz. weekly), 1 cup fruit, 1 cup serving vegetables, 8 oz. low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.
- Grades 2-12... If a student chooses 3 or 4 components for their meal, there HAS TO BE ½ cup of a fruit or vegetable on the tray.

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