


Bath County Public Schools AUGUST 2014 Breakfast & Lunch Menu

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|---|---|---|---|---|
|  | <p>19 <u>BREAKFAST:</u> Cereal, Toast <u>OR</u> French Toast Sticks</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruits</p> | <p>20 <u>BREAKFAST:</u> Cereal, Toast <u>OR</u> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, Broccoli, Choice of Fruits</p> | <p>21 <u>BREAKFAST:</u> Sausage Biscuit <u>OR</u> Cereal, Biscuit</p> <p><u>LUNCH:</u> Popcorn Chicken, Scalloped Potatoes, R/O Veggies, Dip, Roll, Choice of Fruits</p> | <p>22 <u>BREAKFAST:</u> Pancakes, Syrup <u>OR</u> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun w/ Cheese (L/T/M/O/C), Baked Potato, Green Beans, Choice of Fruits</p> |
| <p>25 <u>BREAKFAST:</u> Chicken Biscuit <u>OR</u> Cereal, Biscuit</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggies, Ranch Dip, Choice of Fruits</p> | <p>26 <u>BREAKFAST:</u> Scrambled Egg, Toast <u>OR</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Spinach or Tomato Juice, Roll, Choice of Fruits</p> | <p>27 <u>BREAKFAST:</u> Bagel, Cream Cheese <u>OR</u> Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad w/ Fixings! Broccoli, Carrots, Ranch Dip, Choice of Fruits</p> | <p>28 <u>BREAKFAST:</u> Sausage Biscuit <u>OR</u> Cereal, Biscuit</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruits</p> | <p>29 <u>BREAKFAST:</u> Pancake on a Stick <u>OR</u> Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Cauliflower/ Broccoli w/ Dip, Brussel Sprouts, Roll, Choice of Fruits</p> |

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

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



2014-2015 Lunch Prices

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

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

BREAKFAST

- Grades K-2... A complete breakfast includes 1 oz. eq. grain, 1 cup fruit - to include ½ cup juice and ½ cup fruit piece(s), 1 cup milk, some days an additional item—1 oz. eq. (grain or optional M/MA). All items offered must be taken.
- Grades 3-12... A complete breakfast offers 1 oz. eq. grain daily, 1 cup fruit to include ½ cup juice, ½ cup fruit piece(s), 1 cup milk, additional item - 1 oz. eq. (grain or optional M/MA). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.

LUNCH

- 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 2 protein items (10-12 oz. weekly), 2 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 lunch, there HAS TO BE ½ cup of a fruit or vegetable on the tray.