

# Bath County Public Schools AUGUST 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
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USDA is an equal opportunity provider and employer.

<u>MEAL PRICES</u>
<p><b>Breakfast:</b>                  Grades PK-5: \$ .90 reduced \$ .30                  Grades 6-12: \$1.15 reduced \$ .30</p> <p><b>Lunch:</b>                  Grades PK-5: \$1.65 reduced \$ .40                  Grades 6-12: \$1.90 reduced \$ .40</p>

		<p><b>17</b> <u>BREAKFAST</u>                  Mini Pancakes, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Stuffed Crust Pizza, Steamed Seasoned Corn, Garden Salad, Bhoice of Fruit, Choice of Milk</p>	<p><b>18</b> <u>BREAKFAST</u>                  Sausage Biscuit, Fruit Cup, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Crispy Chicken Sandwich (L,T,M), Macaroni &amp; Cheese, Garden Salad, Cherry Tomatoes (Dip Optional), Broccoli, Choice of Fruit, Choice of Milk</p>	<p><b>19</b> <u>BREAKFAST</u>                  Breakfast Pizza, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Hot Dog on Bun (M,O,P,K), Baked Beans, Fresh Garden Salad, Cole Slaw, Choice of Fruit, Choice of Milk</p>
<p><b>22</b> <u>BREAKFAST</u>                  French Toast Sticks, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Cheeseburger on Bun (L,T,M), Potato Tots, Fresh Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p><b>23</b> <u>BREAKFAST</u>                  Breakfast Pizza, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Taco Salad w/ Salsa &amp; Scoops, Black Beans, Seasoned California Mix, Choice of Fruit, Choice of Milk</p>	<p><b>24</b> <u>BREAKFAST</u>                  Cherry Strudel, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Chicken Fajita Wrap/ Salsa, Seasoned Corn, Grades 9-12 Brown Rice, Fresh Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p><b>25</b> <u>BREAKFAST</u>                  Sausage Biscuit, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Barbeque on Bun, Baked Sweet Potato Rounds, Seasoned Peas, Choice of Fruit, Choice of Milk</p>	<p><b>26</b> <u>BREAKFAST</u>                  Egg/Cheese Biscuit, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Crispy Fish, Macaroni &amp; Cheese, Steamed Broccoli, Cole Slaw, Roll, Choice of Fruit, Choice of Milk</p>
<p><b>29</b> <u>BREAKFAST</u>                  Ult. Breakfast Round, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Corn Dog Nuggets, Seasoned Baked Beans, Cole Slaw, Choice of Fruit, Choice of Milk</p>	<p><b>30</b> <u>BREAKFAST</u>                  Breakfast Pizza, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Turkey w/ Gravy, Mashed Potatoes, Steamed Green Beans, Freshly Made Sliced Bread, Choice of Fruit, Choice of Milk</p>	<p><b>31</b> <u>BREAKFAST</u>                  Chicken Biscuit, Fruit, 100% Juice, Choice of Milk</p> <p><u>LUNCH</u>                  Fresh Salad Bar (BCHS Only), <u>OR</u> Ham/Cheese Sandwich (L,T,M), Scalloped Potatoes, Fresh Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Grades K-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.</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>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.</p> <p>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.</p> <p>Grades 9-1... 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.</p> <p>Grades K-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.</p>	

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

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

BCHS will offer additional choices at Breakfast.

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