

Bath County Public Schools FEBRUARY 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>1 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun, Sweet Potato Fries, Green Beans, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Baked Potato, Spinach, Roll, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/O/C), Baked Beans, California Blend, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Fish Sticks, Macaroni & Cheese, Broccoli, Cole Slaw, Roll, Choice of Fruit</p>
<p>8 <u>BREAKFAST:</u> Cini Minis OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich, Baked Potato, Green Beans, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Mini Corn Dogs, Sweet Potato Puffs, California Mix, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Mini Pancakes OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tender Wrap w/ Cheese (L/T/M), Navy Beans, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>12 <u>BREAKFAST:</u> Ult. Breakfast Round OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, French Fries, Cole Slaw, Sidekick</p>
<p>15 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Parfait OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Potato Puffs, Pinto Beans, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Chipotle Gordita, California Mix, Carrot/Celery Sticks w/ Lite Ranch, Sidekick</p>	<p>19 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Broccoli, Carrots, Roll, Choice of Fruit</p>
<p>22 <u>BREAKFAST:</u> Ult. Breakfast Round OR Cereal, Toast</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Bread, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Baked Potato, Spinach, Roll, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Tossed Salad, Choice of Fruit</p>	<p>25 PUPIL HOLIDAY NO SCHOOL Parent-Teacher Conferences 1:00-4:00, 4:30-7:00</p>	<p>26 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Jamwiches, Corn, R/O Veggie Cup w/ Ranch Dressing, Choice of Fruit</p>
<p>29 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun, Scalloped Potatoes, Broccoli, Choice of Fruit</p>	<p><u>BREAKFAST</u> 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><u>LUNCH</u> 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 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>			

BCHS will offer additional choices at Breakfast.

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



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.