

Bath County Public Schools FEBRUARY 2017 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menus are subject to change.

All breakfasts are served with fruit and 100% fruit juice.

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

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

<p>6 BREAKFAST: Parfait OR Cereal, Toast</p> <p>LUNCH: Cheesburger on Bun (L,T,M,O,K,P), Baked Potato, Succotash, Tossed Salad, Choice of Fruit</p>	<p>7 BREAKFAST: Breakfast Pizza OR Cereal, Toast</p> <p>LUNCH: Taco, Black Beans, Carrots, Tossed Salad, Choice of Fruit</p>	<p>8 BREAKFAST: Ult. Breakfast Round OR Cereal, Graham Crackers</p> <p>LUNCH: Fajita, Brown Rice, California Blend, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>9 BREAKFAST: Sausage Biscuit OR Cereal, Toast</p> <p>LUNCH: Hamburger Steak/Gravy, Mashed Potatoes, Spinach, Tossed Salad, Roll, Choice of Fruit</p>	<p>3 BREAKFAST: French Toast Sticks OR Cereal, Yogurt</p> <p>LUNCH: Fish, Macaroni & Cheese, Green Beans, Tossed Salad, Roll Choice of Fruit</p>
<p>13 BREAKFAST: French Toast Sticks OR Cereal, Yogurt</p> <p>LUNCH: Hot Dog on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p>14 BREAKFAST: Breakfast Pizza OR Cereal, Yogurt</p> <p>LUNCH: Chicken Nuggets, Baked Potato, Broccoli, Tossed Salad, Biscuit Choice of Fruit</p>	<p>15 BREAKFAST: Mini Pancakes OR Cereal, Cinnamon Crisp</p> <p>LUNCH: Deli Ham/Cheese on Bun, Sweet Potato Tots, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>16 BREAKFAST: Sausage Biscuit OR Cereal, Toast</p> <p>LUNCH: Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>17 BREAKFAST: Ult. Breakfast Round OR Cereal, Yogurt</p> <p>LUNCH: Turkey/Cheese Croissant (L,T,M), Scalloped Potatoes, Broccoli, Tossed Salad, Choice of Fruit</p>
<p>20 BREAKFAST: French Toast Sticks OR Cereal, Toast</p> <p>LUNCH: Barbeque on Bun, Navy Beans, Carrots, Tossed Salad, Choice of Fruit</p>	<p>21 BREAKFAST: Breakfast Pizza OR Cereal, Yogurt</p> <p>LUNCH: Chicken on Bun (L,T,M), Sweet Potato Tots, Spinach, Tossed Salad, Choice of Fruit</p>	<p>22 BREAKFAST: Sausage Biscuit OR Cereal, Cinnamon Crisp</p> <p>LUNCH: Pizza, Corn, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>23</p> <p>PUPIL HOLIDAY</p> <p>NO SCHOOL</p> <p>Parent-Teacher Conferences</p>	<p>24</p> <p>PUPIL HOLIDAY</p> <p>NO SCHOOL</p> <p>Teacher Workday/ Inservice</p>
<p>27 Menus by MES 4th Gr.</p> <p>BREAKFAST: Pancakes OR Cereal, Yogurt</p> <p>LUNCH: Cheesburger on Bun (L,T,M,O,K,P), Scalloped Potatoes, Red Peppers, Green Peppers, Carrot Cup, Caesar Salad, Grapes, Strawberries</p>	<p>28 BREAKFAST: Breakfast Pizza OR Cereal, Toast</p> <p>LUNCH: Mini Corn Dogs, Corn, California Mix, Tossed Salad, Choice of Fruit</p>	<p style="text-align: center;">BREAKFAST</p> <p>Grades K-1....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;">LUNCH</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 9-12....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.</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>		

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