Bath County Public Schools June 2017 Breakfast & Lunch Menu

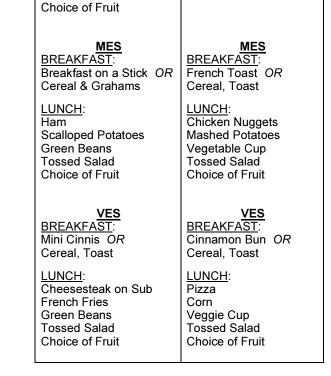
MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY 2

> 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. Menus are subject to change.

MES offers an alternative lunch entrée.



BCHS

Egg Patty Biscuit OR

Ult. Breakfast Round

BREAKFAST:

LUNCH:

Taco Salad

Black Beans

California Mix

Tossed Salad

BCHS

French Toast Sticks OR

Ult. Breakfast Round

BREAKFAST:

Tossed Salad

Choice of Fruit

LUNCH:

Pizza

Corn





USDA is an equal opportunity provider and employer.

- BREAKFAST

 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. **LUNCH**
- Grades K-5....A complete lunch is 1 protein (8-9 oz. weekly), 1 grain item (8-9 oz. weekly), ½ cup fruit, ¾ cup vegetables, and 1 cup milk 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, ¾ cup vegetables, and 1 cup 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, 1 cup 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.