

# Bath County Public Schools June 2017 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All breakfasts are served with fruit and 100% fruit juice.</p> <p>All meals are served with a choice of low-fat or fat-free milk.</p> <p>A prepared garden salad will be offered daily as a vegetable choice in the schools.</p> <p>MES offers an alternative lunch entrée.</p> <p>Menus are subject to change.</p>			<p><b>1</b></p> <p><b><u>BCHS</u></b></p> <p><b><u>BREAKFAST:</u></b> Egg Patty Biscuit OR Ult. Breakfast Round</p> <p><b><u>LUNCH:</u></b> Taco Salad Black Beans California Mix Tossed Salad Choice of Fruit</p> <p><b><u>MES</u></b></p> <p><b><u>BREAKFAST:</u></b> Breakfast on a Stick OR Cereal &amp; Grahams</p> <p><b><u>LUNCH:</u></b> Ham Scalloped Potatoes Green Beans Tossed Salad Choice of Fruit</p> <p><b><u>VES</u></b></p> <p><b><u>BREAKFAST:</u></b> Mini Cinnis OR Cereal, Toast</p> <p><b><u>LUNCH:</u></b> Cheesesteak on Sub French Fries Green Beans Tossed Salad Choice of Fruit</p>	<p><b>2</b></p> <p><b><u>BCHS</u></b></p> <p><b><u>BREAKFAST:</u></b> French Toast Sticks OR Ult. Breakfast Round</p> <p><b><u>LUNCH:</u></b> Pizza Corn Tossed Salad Choice of Fruit</p> <p><b><u>MES</u></b></p> <p><b><u>BREAKFAST:</u></b> French Toast OR Cereal, Toast</p> <p><b><u>LUNCH:</u></b> Chicken Nuggets Mashed Potatoes Vegetable Cup Tossed Salad Choice of Fruit</p> <p><b><u>VES</u></b></p> <p><b><u>BREAKFAST:</u></b> Cinnamon Bun OR Cereal, Toast</p> <p><b><u>LUNCH:</u></b> Pizza Corn Veggie Cup Tossed Salad Choice of Fruit</p>



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## 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/M). 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 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, ¼ 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.