

Bath County Public Schools NOVEMBER 2012 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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BCHS offers a salad bar that includes all the components of a reimbursable meal.

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

<p>5 PUPIL HOLIDAY SCHOOL CLOSED</p>	<p>6 BREAKFAST: Breakfast Pizza LUNCH: Mini Corn Dogs (5), Baked Beans, Cole Slaw, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>7 BREAKFAST: Scrambled Eggs, Toast LUNCH: Chicken Fajita Wrap, Green Beans, Veggie Cup w/ Dip, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>1 BREAKFAST: Sausage Biscuit, Gravy LUNCH: Stuffed Crust Pizza, Red Pepper, Carrots, Cherry Tomatoes w/ Dip, Broccoli, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>2 BREAKFAST: Cereal, Toast LUNCH: Macaroni & Cheese, Green Beans, Celery, Cauliflower, Cucumber w/ Dip, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>
<p>12 BREAKFAST: Cereal, Toast LUNCH: Stuffed Crust Pepperoni Pizza, Broccoli, Tossed Salad, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>13 BREAKFAST: Breakfast Pizza LUNCH: Popcorn Chicken, Succotash, Manager's Choice, Roll, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>14 BREAKFAST: Scrambled Egg, Toast LUNCH: Turkey, Cheese Wrap w/ Lettuce/Tomato, French Fries, R/O Vegetable Cup w/ Dressing, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>8 BREAKFAST: Sausage Biscuit, Gravy LUNCH: Turkey w/ Gravy on Toast, Mashed Potatoes, Cooked Carrots, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>9 BREAKFAST: Bagel, Cream Cheese LUNCH: Vegetable Soup, Grilled Cheese Sandwich, Broccoli w/ Dip, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>15 BREAKFAST: Sausage Biscuit, Gravy LUNCH: Ham, Sweet Potatoes, Green Beans, Roll, Sherbet <u>OR Salad Bar @ BCHS</u></p>	<p>16 BREAKFAST: Muffin, Lil Smokies LUNCH: Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>
<p>NOVEMBER 19-23, 2012 FALL BREAK / THANKSGIVING HOLIDAY SCHOOL CLOSED</p> 				
<p>26 BREAKFAST: Scrambled Eggs, Toast LUNCH: Hamburger on Bun (L/T/M), Sweet Potato Puffs, Spinach, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>27 BREAKFAST: Breakfast Pizza LUNCH: Hot Dog on Bun w/ Chili, Scalloped Potatoes, Broccoli, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>28 BREAKFAST: Cereal, Toast LUNCH: Chicken Tender Wrap w/ Cheese, French Fries, Pinto Beans, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>29 BREAKFAST: Sausage Biscuit, Gravy LUNCH: Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Bread (Garlic), Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>	<p>30 BREAKFAST: Pancakes w/ Lite Syrup LUNCH: Potato Soup, Grilled Cheese Sandwich, Carrot Sticks w/ Dip, Choice of Fruit <u>OR Salad Bar @ BCHS</u></p>

Gr. 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, ½ pint of low-fat or fat-free milk
Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.
Gr. 9-12... A complete lunch is: 1 protein item (10-12 oz. weekly), 1 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.
Gr. 2-12... If a student chooses 3 or 4 components for their meal, there HAS TO BE ½ cup of a fruit or vegetable on the tray.

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

NEW 2012-2013 Lunch Prices		
Grade	Breakfast	Lunch
PK-5	.80¢	\$1.60
6-12	\$1.05	\$1.85
Adult	\$1.35	\$2.50