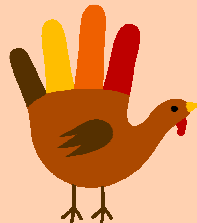



# Bath County Public Schools NOVEMBER 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>2</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, Broccoli, Choice of Fruit</p>	<p><b>3</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>4</b> <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham or Turkey &amp; Cheese on Croissant, French Fries, R/O Veggie Cup, Choice of Fruit</p>	<p><b>5</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, California Mix, Black Beans, Choice of Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (Cheese, L,T,M), Sweet Potato Puffs, Green Beans, Choice of Fruit</p>
<p><b>9</b> <u>BREAKFAST:</u> Ultimate Breakfast Round OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Gordito, Spinach, R/O Veggie Cup, Choice of Fruit</p>	<p><b>10</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Potato, Broccoli, Choice of Fruit</p>	<p><b>11</b> <u>BREAKFAST:</u> Cheese Toast OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Pinto Beans, Roll, Fruit Cup</p>	<p><b>12</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Celery Sticks w/ Lite Ranch, Choice of Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Macaroni &amp; Cheese, Green Beans, Tossed Salad, Roll, Choice of Fruit</p>
<p><b>16</b> <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, Baked Beans, Sweet Potato Puffs, Choice of Fruit</p>	<p><b>17</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Spinach, R/O Veggie Cup, Choice of Fruit</p>	<p><b>18</b> <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> <i>Planned by MES 5th Gr.</i> Stuffed Crust Pizza, Broccoli, Salad w/ Cheese &amp; Croutons, Fruit Cup</p>	<p><b>19</b> <u>BREAKFAST:</u> Sausage Biscuit, OR Cereal, Yogurt</p> <p><u>LUNCH:</u> <i>Planned by MES 7th Gr.</i> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Biscuit, Sidekick (Frozen Fruit Juice)</p>	<p><b>20</b> <u>BREAKFAST:</u> Mini Cinnis OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni Salad, Broccoli, Tossed Salad, Roll, Choice of Fruit</p>

**23**  **24** **25** **26** **27** 

NOVEMBER 23-27, 2015

FALL BREAK / THANKSGIVING HOLIDAY

\*\* SCHOOL CLOSED \*\*

**30**  
BREAKFAST:  
Bagel, Cream Cheese  
OR Cereal, Yogurt

LUNCH:  
Hamburger on Bun  
(Cheese, L,T,M),  
Scalloped Potatoes,  
Green Beans,  
Choice of Fruit

**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, 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.

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

BCHS will offer additional choices at Breakfast.



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

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

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