



Bath County Public Schools NOVEMBER 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Menus are subject to change.</p> <p style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">All breakfasts are served with fruit and 100% fruit juice.</p> <p style="border: 1px solid black; padding: 5px;">All meals are served with a choice of low-fat or fat-free milk.</p> <p style="border: 1px solid black; padding: 5px;">A prepared garden salad will be offered daily as a vegetable choice in the schools.</p>	<p>1</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Mini Pancakes <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco Salad, Salsa, Cheese, Black Beans, Corn, Tossed Salad, Fruit Assortment</p>	<p>2</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Parfait <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Stuffed Crust Pizza, Lima Beans, R/O Veggie Cup, Hummus, Tossed Salad, Fruit Assortment</p>	<p>3</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Nuggets, Baked Potato, Broccoli, Tossed Salad, Fruit Assortment</p>	<p>4</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Egg Biscuit <u>OR</u> Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hamburger on Bun (L/T/M), Sweet Potato Tots, Green Beans, Tossed Salad, Fruit Assortment</p>	
<p>7</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Mini Corn Dogs, Scalloped Potatoes, Carrots, Tossed Salad, Fruit Assortment</p>	<p>8</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Scrambled Egg, Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco Salad, Salsa, Cheese, Black Beans, Corn, Tossed Salad, Fruit Assortment</p>	<p>9</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Parfait <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Barbeque on Bun, Baked Beans, Cole Slaw, Tossed Salad, Fruit Assortment</p>	<p>10</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Cereal, Yogurt</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Spaghetti w/ Meat Sauce, Green Beans, Breadstick, Tossed Salad, Fruit Assortment</p>	<p>11</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Bagel, Cream Cheese <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hamburger Steak, Gravy, Mashed Potatoes, R/O Veggie Cup, Hummus, Roll, Tossed Salad, Fruit Assortment</p>	
<p>14</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Breaded Cheese Sticks, Marinara Sauce, California Blend, Tossed Salad, Fruit Assortment</p>	<p>15</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Ult. Breakfast Round <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco Salad, Salsa, Cheese, Black Beans, Corn, Tossed Salad, Fruit Assortment</p>	<p>16</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Parfait <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Stuffed Crust Pizza, Broccoli, Corn, Tossed Salad, Fruit Assortment</p>	<p>17</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Turkey, Gravy, Mashed Potatoes, Green Beans, Roll, Tossed Salad, Fruit Assortment</p>	<p>18</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Scrambled Egg, Biscuit <u>OR</u> Cereal, Yogurt</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Nuggets, Macaroni & Cheese, Beets, Biscuit, R/O Veggie Cup, Tossed Salad, Fruit Assortment</p>	
<p>21</p> 	<p>NOVEMBER 21-25, 2016 FALL BREAK / THANKSGIVING HOLIDAY ** SCHOOL CLOSED **</p>			<p>24</p> 	<p>25</p>
<p>28</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hot Dog on Bun, Baked Beans, Cole Slaw, Tossed Salad, Fruit Assortment</p>	<p>29</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Parfait <u>OR</u> Cereal, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco Salad, Salsa, Cheese, Black Beans, Corn, Tossed Salad, Fruit Assortment</p>	<p>30</p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>French Toast Sticks <u>OR</u> Cereal, Yogurt</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Ham/Cheese on Croissant (L/T/M), Potato Tots, California Blend, Tossed Salad, Fruit Assortment</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>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/A). 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;"><u>LUNCH</u></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, ¾ 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, ¾ 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>		
<p>USDA is an equal opportunity provider and employer.</p>					