

Bath County Public Schools OCTOBER 2013 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> <p>Menus are subject to change depending on prices and availability of food items.</p>	<p>1 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Potato, Cole Slaw, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Enriched Brown Rice, Green Beans, R/O Veggie Cup, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Corn, Broccoli, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Spinach, Beets, Macaroni Salad, Choice of Fruit</p>
<p>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>				

<p>7 <u>BREAKFAST:</u> Breakfast on a Stick OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Hamburger on Bun w/ Cheese, Baked Potato, Green Beans, Choice of Fruit</p>	<p>8 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, Baby Carrots w/ Ranch, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Pancakes w/ Syrup OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Turkey/Cheese Wrap w/ L,T,M, Navy Beans, Broccoli, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Popcorn Chicken, Scalloped Potatoes, R/O Veggies w/ Dip, Roll</p>	<p>11 <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Corn Dog, Lima Beans, Tossed Salad, Choice of Fruit</p>
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NATIONAL SCHOOL LUNCH WEEK - SCHOOL LUNCH ACROSS THE USA!



<p>14 <u>BREAKFAST:</u> Cereal, Toast OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> North Carolina Barbeque on Bun, Texas Pete Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Italian Breadstick, Georgia Diced Peaches</p>	<p>16 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad w/ Southwestern Salsa, Broccoli, Marinated Black Bean Salad, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, New Mexicali Corn, Sweet Potato Puffs, Florida Oranges</p>	<p>18 <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> VA Baked Ham, Macaroni & Cheese, California Blend, R/O Veggies w/ Lite Ranch, Roll, Choice of Fruit</p>
<p>21 <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Seasoned Cooked Carrots, Cole Slaw, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Scalloped Potatoes, Green Beans, Sliced Bread, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Scrambled Egg, Toast OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M), Sweet Potato Fries, Navy Beans, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> French Toast Sticks OR Ultimate Breakfast Rounds</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese, R/O Veggies w/ Lite Ranch, Choice of Fruit</p>
<p>28 <u>BREAKFAST:</u> Egg on Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>29 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Beef Patty w/ Gravy, Mashed Potatoes, Green Beans, Bread, Choice of Fruit</p>	<p>30 <u>BREAKFAST:</u> French Toast Sticks OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita, Black Bean Salsa, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>31 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Potato Tots, Spinach, Orange Sherbet</p>	<p>In accordance with Federal Law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</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.
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.
Grades 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.
Grades 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.