

Bath County Public Schools OCTOBER 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>3</p> <p><u>BREAKFAST</u> Yogurt, Graham Crackers <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Grilled Chicken on Bun (L/T/M), Local Grown Baked Potato, R/O Veggie Cup, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>4</p> <p><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Hot Dog on Bun, Baked Beans, Confetti Cole Slaw, Garden Spinach Salad, Choice of Fruit, Choice of Milk</p>	<p>5</p> <p><u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Stuffed Crust Pizza, Steamed Corn, Sliced Beets, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>6</p> <p><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Graham Crackers</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Roasted Chicken Piece, Sweet Potato Puffs, Steamed Broccoli, Garden Salad, Biscuit, Choice of Fruit, Choice of Milk</p>	<p>7</p> <p><u>BREAKFAST</u> French Toast Sticks <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Hamburger Steak w/ Gravy, Whipped Potatoes, Seasoned Green Beans, R/O Veggie Cup, Roll, Choice of Fruit, Choice of Milk</p>

VIRGINIA FARM TO SCHOOL WEEK, OCTOBER 3-7, 2016



<p>10</p> <p><u>BREAKFAST</u> Egg/Cheese Biscuit <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Stuffed Crust Pizza, Seasoned Steamed Carrots & Peas, Brussels Sprouts, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>11</p> <p><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Turkey/ Cheese Croissant (L/T/M), Sweet Potato Puffs, R/O Veggie Cup, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>12</p> <p><u>BREAKFAST</u> French Toast Sticks <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS), <u>OR</u> Beefaroni, Steamed Broccoli, Seasoned Corn, Hot Breadstick, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>13</p> <p><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Mini Corn Dogs, Baked Beans, French Fries, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>14</p> <p><u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Breaded Pollock, Macaroni & Cheese, Seasoned California Blend, Green Beans, R/O Veggie Cup, Choice of Fruit, Choice of Milk</p>
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NATIONAL SCHOOL LUNCH WEEK - SHOW YOUR SPIRIT, OCTOBER 10-14, 2016

<p>17</p> <p><u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Cereal, Graham Crackers</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Hamburger on Bun (M/O/C/L/T), Sweet Potato Puffs, Seasoned Steamed Carrots, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>18</p> <p><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Hot Dog on Bun (M/O/C/Relish), Baked Beans, Cole Slaw, Fresh Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>19</p> <p><u>BREAKFAST</u> Tasty Parfait <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Garden Salad, Hot Roll, Choice of Fruit, Choice of Milk</p>	<p>20 Early Release</p> <p><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Stuffed Crust Pizza, R/O Veggie Cup, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>21</p> <p><u>BREAKFAST</u> Mini Pancakes <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Chicken Strips, Scalloped Potatoes, Steamed Seasoned Broccoli, Garden Salad, Hot Roll, Choice of Fruit, Choice of Milk</p>
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<p>24</p> <p><u>BREAKFAST</u> Tasty Parfait <u>OR</u> Cereal, Graham Crackers</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Italian Spaghetti w/ Meat Sauce, Green Beans, Garden Salad, Breadstick, Choice of Fruit, Choice of Milk</p>	<p>25</p> <p><u>BREAKFAST</u> Sausage Pizza <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Crispy Chicken on Bun (L/T/M), Baked Potato, California Blend, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>26</p> <p><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Chicken Fajita, Brown Rice, Seasoned Corn, Black Beans, Garden Salad, Tortilla Wrap, Choice of Fruit, Choice of Milk</p>	<p>27</p> <p style="font-size: 1.2em; color: green;"><u>PUPIL HOLIDAY</u></p> <p style="font-size: 1.2em; color: green;"><u>PARENT-TEACHER CONFERENCES</u></p>	<p>28</p> <p><u>BREAKFAST</u> Mini Pancakes <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Fish, Sweet Potato Puffs, Spinach Salad, Cole Slaw, Roll, Choice of Fruit, Choice of Milk</p>
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<p>31</p> <p><u>BREAKFAST</u> Egg Biscuit <u>OR</u> Cereal, Yogurt</p> <p><u>LUNCH</u> Fresh Salad Bar, Fruit (BCHS) <u>OR</u> Hot Dog on Bun (M/O/C/Relish), Baked Beans, Cole Slaw, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>A prepared garden salad will be offered daily as a vegetable choice in the schools.</p>	<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>Elementary Schools will have a M/MA choice of Cheese Sticks at lunch.</p>	<p>Menus are subject to change depending on prices and availability of food items.</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/MA). The student must select at least three of the food items. One selection must be at least a ½ c up 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.

