


Bath County Public Schools **OCTOBER 2017** Breakfast & Lunch Menu

October is Virginia Farm-to-School Month



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
2 <u>BREAKFAST</u> Cini Mini <u>OR</u> Yogurt, Graham Crackers <u>LUNCH</u> Hamburger on Bun, Potato Salad, R/O Veggie Cup, Tossed Salad Choice of Fruit	3 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps <u>LUNCH</u> Taco Salad w/ Salsa, Corn, Broccoli, Tossed Salad, Choice of Fruit	4 <u>BREAKFAST</u> Muffin <u>OR</u> Yogurt, Toast <u>LUNCH</u> Chicken Strips (w/ Rice Flour), Baked Potato Half, Green Beans, R/O Veggie Cup, Roll, Choice of Fruit	5 <u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Cereal, Biscuit <u>LUNCH</u> Philly Cheese Steak on Bun, Macaroni Salad, California Blend, Tossed Salad Choice of Fruit	6 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Toast <u>LUNCH</u> Mini Corn Dogs, Baked Beans, Sweet Potato Tots, Ceasar Salad, Choice of Fruit	
 NATIONAL SCHOOL LUNCH WEEK, OCTOBER 9-13, 2017					
9 <u>BREAKFAST</u> Bagel w/ Cream Cheese <u>OR</u> Cereal, Toast <u>LUNCH</u> Toasted Cheese Sandwich, French Fries, Broccoli, Tossed Salad, Choice of Fruit	10 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps <u>LUNCH</u> Asian Chicken, Rice Pilaf, Stir-Fry Vegetables, Tossed Salad, R/O Veggie Cup, Choice of Fruit	11 <u>BREAKFAST</u> Parfait <u>OR</u> Cereal, Graham Cracker <u>LUNCH</u> Buffalo Chicken w/ Cheese, Potato Sidewinder, Peas, Tossed Salad, Choice of Fruit	12 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Toast <u>LUNCH</u> Pizza, Corn, Tossed Salad, Choice of Sidekick or Fruit	13 <u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Egg, Toast <u>LUNCH</u> Cheese Calzone w/ Marinara Sauce, Veggie Delight, Tossed Salad, Choice of Fruit	
16 <u>BREAKFAST</u> Egg Biscuit <u>OR</u> Cereal, Toast <u>LUNCH</u> Chicken Nuggets, French Fries, Green Beans, Tossed Salad, Roll, Choice of Fruit	17 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps <u>LUNCH</u> Sloppy Joe on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit	18 <u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Cereal, Toast <u>LUNCH</u> Toasted Cheese Sandwich, Baked Potato Half, R/O Veggie Cup, Tossed Salad, Choice of Fruit	19 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Graham Crackers <u>LUNCH</u> Mozzarella Cheese Sticks, Marinara Sauce, Corn, Broccoli, Spinach Salad, Biscuit, Choice of Fruit EARLY RELEASE 12:30 PM	20 <u>BREAKFAST</u> Blueberry Muffin <u>OR</u> Cereal, Toast <u>LUNCH</u> Ham/Cheese Croissant (L/T), Sweet Potato Tots, Peas, Caesar Salad, Choice of Fruit	
23 <u>BREAKFAST</u> Pancakes <u>OR</u> Cereal, Toast <u>LUNCH</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Green Beans, Tossed Salad, Bread, Choice of Fruit	24 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps <u>LUNCH</u> Turkey, Cheese on Croissant (L/T), Sweet Potato Tots, Spinach Salad, Choice of Fruit	25 <u>BREAKFAST</u> French Toast Sticks <u>OR</u> Cereal, Toast <u>LUNCH</u> Spaghetti w/ Meat Sauce, Broccoli, Caesar Salad, Breadstick, Choice of Fruit	26 <u>PUPIL HOLIDAY</u> <u>Parent-Teacher Conferences</u>	27 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast <u>LUNCH</u> Fish, Macaroni & Cheese, Cole Slaw, Side Salad, Roll, Choice of Fruit	
30 <u>BREAKFAST</u> Cini Minis <u>OR</u> Cereal, Graham Crackers <u>LUNCH</u> Pizza, Carrots, Broccoli, Tossed Salad Choice of Fruit	31 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Toast <u>LUNCH</u> Barbeque on Bun, Baked Potato, Cole Slaw, Tossed Salad, Choice of Fruit	<p style="text-align: center;">MEAL PRICES</p> <p>Breakfast: Grades PK-5: \$.90 reduced \$0 Grades 6-12: \$1.15 reduced \$0 Adult: \$1.50</p> <p>Lunch: Grades PK-5: \$1.65 reduced \$0 Grades 6-12: \$1.90 reduced \$0 Adult: \$3.00</p>			A prepared garden salad will be offered daily as a vegetable choice in all schools.
		All breakfasts are served with fruit and 100% fruit juice.		Menus are subject to change depending on prices and availability of food items.	
		All meals are served with a choice of low-fat or fat-free milk. (White, Chocolate, Strawberry)		MES offers an alternative lunch entrée.	
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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 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 1 cup milk 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 1 cup 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, 1 cup 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.