

# Bath County Public Schools SEPTEMBER 2013 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>2</b> <b>LABOR DAY HOLIDAY</b>  <b>SCHOOL CLOSED</b>	<b>3</b> <u>BREAKFAST:</u> Breakfast Pizza  <u>LUNCH:</u> Unbreaded Chicken Fillet on Bun (L/T), Corn, R/O Veggie Cup, Choice of Fruit	<b>4</b> <u>BREAKFAST:</u> Cheese/Egg Biscuit  <u>LUNCH:</u> Turkey/Cheese Wrap (L/T), Sweet Potato Puffs, Celery/Carrot Sticks w/ Lite Ranch, Choice of Fruit	<b>5</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy  <u>LUNCH:</u> Popcorn Chicken, Baked Beans, Broccoli, Roll, Choice of Fruit	<b>6</b> <u>BREAKFAST:</u> Pancakes w/ Syrup  <u>LUNCH:</u> Barbeque on Bun, Scalloped Potatoes, Cole Slaw, Choice of Fruit
<b>9</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese  <u>LUNCH:</u> Grilled Cheese Sandwich, California Blend, R/O Veggie Cup w/ Ranch, Choice of Fruit	<b>10</b> <u>BREAKFAST:</u> Breakfast Pizza  <u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Choice of Fruit	<b>11</b> <u>BREAKFAST:</u> Cereal, Toast  <u>LUNCH:</u> Nachos w/ Ground Beef w/ Lettuce & Tomato, Corn, Choice of Fruit	<b>12</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy  <u>LUNCH:</u> Pizza, Broccoli, Baby Carrots w/ Lite Ranch, Choice of Fruit	<b>13</b> <u>BREAKFAST:</u> Breakfast on a Stick  <u>LUNCH:</u> Chicken Tenders, Baked Beans, Cole Slaw, Roll, Choice of Fruit
<b>16</b> <u>BREAKFAST:</u> French Toast Sticks  <u>LUNCH:</u> Ham & Cheese on Bun (L/T/M), Navy Beans, Veggie Cup (Green Peppers, Cucumbers) w/ Lite Ranch, Choice of Fruit	<b>17</b> <u>BREAKFAST:</u> Breakfast Pizza  <u>LUNCH:</u> Corn Dog, Sweet Potato Puffs, Spinach, Choice of Fruit	<b>18</b> <u>BREAKFAST:</u> Egg, Biscuit  <u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice (grades 8-12), Corn, R/O Veggie Cup, Choice of Fruit	<b>19</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy  <u>LUNCH:</u> Barbeque on Bun, Tator Tots, Cole Slaw, Choice of Fruit	<b>20</b> <u>BREAKFAST:</u> Cereal, Toast  <u>LUNCH:</u> Pizza, Carrots w/ Lite Ranch, Green Beans, Choice of Fruit  <div style="text-align: center;"><b>12:30 PM EARLY RELEASE</b></div>
<b>23</b> <u>BREAKFAST:</u> French Toast Sticks  <u>LUNCH:</u> Chicken Tenders, Macaroni & Cheese, Broccoli, R/O Veggie Cup w/ Lite Ranch, Roll (Grades 9-12), Choice of Fruit	<b>24</b> <u>BREAKFAST:</u> Breakfast Pizza  <u>LUNCH:</u> Hamburger on Bun (L/T/M), Succotash, Beets, Choice of Fruit	<b>25</b> <u>BREAKFAST:</u> Cereal, Toast  <u>LUNCH:</u> Fish, Scalloped Potatoes, Carrots, Roll, Choice of Fruit  <div style="text-align: center;"><b>WORLD SCHOOL MILK DAY</b></div>	<b>26</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy  <u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit	<b>27</b> <u>BREAKFAST:</u> Egg/Cheese Biscuit  <u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, 1 oz. Breadstick, Fruit
<b>30</b> <u>BREAKFAST:</u> Scrambled Egg, Toast  <u>LUNCH:</u> Chicken Fillet on Bun, Navy Beans, Carrots, Choice of Fruit	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.			

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

**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.**

<b>NEW 2013-2014 Lunch Prices</b>		
<u>Grade</u>	<u>Breakfast</u>	<u>Lunch</u>
PK-5	.90¢	\$1.65
6-12	\$1.15	\$1.90
Adult	\$1.50	\$2.75

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

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