

# Bath County Public Schools SEPTEMBER 2014 Breakfast & Lunch Menu

| <i>MONDAY</i>                                                                                                                                                                                   | <i>TUESDAY</i>                                                                                                                                                                                | <i>WEDNESDAY</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <i>THURSDAY</i>                                                                                                                                                                            | <i>FRIDAY</i>                                                                                                                                                                                                                |
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| <b>1</b><br><b>LABOR DAY HOLIDAY</b><br><br><b>SCHOOL CLOSED</b>                                                                                                                                | <b>2</b><br><u>BREAKFAST:</u><br>Pancakes w/ Syrup <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Grilled Chicken on Bun,<br>Peas, Carrots, Dip,<br>Choice of Fruit                       | <b>3</b><br><u>BREAKFAST:</u><br>Cereal, Yogurt <i>OR</i><br>Cheese Toast<br><br><u>LUNCH:</u><br>Chicken Fajita, Navy<br>Beans, California Mix,<br>Fruit Choice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>4</b><br><u>BREAKFAST:</u><br>Sausage Biscuit <i>OR</i><br>Cereal, Biscuit<br><br><u>LUNCH:</u><br>Pizza, Corn, Manager's<br>Choice, Choice of Fruit                                    | <b>5</b><br><u>BREAKFAST:</u><br>French Toast Sticks <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Barbeque Riblet on Bun,<br>Macaroni & Cheese, Cole<br>Slaw, Red Peppers,<br>Cherry Tomatoes, Dip,<br>Choice of Fruit |
| <b>8</b><br><u>BREAKFAST:</u><br>Pancakes, Syrup <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Hamburger on Bun w/<br>Cheese (L,T,M,O,C),<br>Baked Potato, Green<br>Beans, Choice of Fruit | <b>9</b><br><u>BREAKFAST:</u><br>Egg Biscuit <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Spaghetti w/ Meat<br>Sauce, Spinach,<br>Tossed Salad,<br>Breadstick, Fruit                   | <b>10</b><br><u>BREAKFAST:</u><br>Bagel, Cream Cheese<br><i>OR</i> Cereal, Toast<br><br><u>LUNCH:</u><br>Taco Salad, Broccoli,<br>Carrots/Dip,<br>Choice of Fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>11</b><br><u>BREAKFAST:</u><br>Sausage Biscuit <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Cheesesteak on Bun,<br>Succotash,<br>Sweet Potato Puffs,<br>Choice of Fruit           | <b>12</b><br><u>BREAKFAST:</u><br>French Toast Sticks <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Chicken Nuggets,<br>Macaroni & Cheese,<br>Baked Beans, Cole Slaw,<br>Roll, Choice of Fruit                         |
| <b>15</b><br><u>BREAKFAST:</u><br>Chicken Biscuit <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Hamburger Steak,<br>Gravy, Mashed<br>Potatoes, Green Beans,<br>Roll, Choice of Fruit       | <b>16</b><br><u>BREAKFAST:</u><br>Breakfast Pizza <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Grilled Cheese<br>Sandwich, Sweet Potato<br>Puffs, California Blend,<br>Choice of Fruit | <b>17</b><br><u>BREAKFAST:</u><br>Breakfast on a Stick<br><i>OR</i> Cereal, Toast<br><br><u>LUNCH:</u><br>Chicken Fajita Wrap,<br>Navy Beans,<br>R/O Veggie Cup,<br>Choice of Fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>18</b><br><u>BREAKFAST:</u><br>Sausage Biscuit <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Pizza, Corn,<br>Carrots, Dip,<br>Choice of Fruit                                      | <b>19</b><br><u>BREAKFAST:</u><br>Scrambled Egg, Toast <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Fish, Potato Puffs,<br>Cole Slaw, Roll,<br>Choice of Fruit                                                        |
| <b>22</b><br><u>BREAKFAST:</u><br>Bagel, Cream Cheese<br><i>OR</i> Cereal, Yogurt<br><br><u>LUNCH:</u><br>Barbeque on Bun,<br>Baked Beans, Cole<br>Slaw, Choice of Fruit                        | <b>23</b><br><u>BREAKFAST:</u><br>Breakfast Pizza <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Chicken, Rice Pilaf,<br>California Blend,<br>R/O Veggie Cup, Roll,<br>Choice of Fruit   | <b>24</b><br><u>BREAKFAST:</u><br>Pancakes, Syrup <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Turkey/Cheese Wrap<br>(L,T,M), Succotash,<br>Broccoli, Choice of Fruit<br><br><b style="text-align: center;">WORLD SCHOOL<br/>MILK DAY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>25</b><br><u>BREAKFAST:</u><br>Sausage Biscuit <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Ham/Cheese on Bun<br>(L,T,M), Sweet Potato<br>Puffs, Green Beans,<br>Choice of Fruit | <b>26</b><br><u>BREAKFAST:</u><br>Cheese Toast <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Pizza, Corn, R/O Veggie<br>Cup, Dip, Choice of Fruit<br><br><b style="text-align: center;">12:30<br/>EARLY RELEASE</b>    |
| <b>29</b><br><u>BREAKFAST:</u><br>French Toast Sticks <i>OR</i><br>Cereal, Toast<br><br><u>LUNCH:</u><br>Corn Dog, Sweet<br>Potato Puffs, Spinach,<br>Choice of Fruit                           | <b>30</b><br><u>BREAKFAST:</u><br>Egg Biscuit <i>OR</i><br>Cereal, Yogurt<br><br><u>LUNCH:</u><br>Hot Dog on Bun,<br>Baked Potato, Carrots,<br>Choice of Fruit                                | <p style="text-align: center;"><b><u>BREAKFAST</u></b></p> <p>Grades K-2... A complete breakfast includes 1 oz. eq. grain, 1 cup fruit - to include ½ cup juice and ½ cup fruit piece(s), 1 cup milk, some days an additional item-1 oz. eq. (grain or optional MMA). All items offered must be taken.</p> <p>Grades 3-12... 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 MMA). 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;"><b><u>LUNCH</u></b></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, ¼ 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, 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.</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 2-12... 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> |                                                                                                                                                                                            |                                                                                                                                                                                                                              |

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

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

All breakfasts are served with a fruit and juice.  
All meals are served with a choice of low-fat or fat-free milk.

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