

Bath County Public Schools SEPTEMBER 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	<p>1 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken Patty on Bun (L,T,M), Baked Potato, Carrots, Dip, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Corn, Green Beans, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tenders, Scalloped Potatoes, Broccoli, Roll, Choice of Fruit</p>
<p>7 LABOR DAY HOLIDAY</p> <p>SCHOOL CLOSED</p>	<p>8 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun, (Cheese,L,T,M), Baked Potato, R/O Veggies, Lite Ranch, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tender Wrap, Rice Pilaf, Broccoli, Corn, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Blend, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Cole Slaw, Steamed Carrots, Choice of Fruit</p>
<p>14 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Nuggets, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Breakfast on a Stick <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Turkey, Cheese Wrap (L,T,M), Corn, Spinach, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, R/O Veggie Cup w/ Lite Ranch, Breadstick, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun, Scalloped Potatoes, Steamed Carrots, Choice of Fruit</p>
<p>21 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Broccoli, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Mini Cinnis <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap (L,T,M), Baked Potato, Brussel Sprouts, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Patty on Bun, Sweet Potato Fries, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p> <p>12:30 EARLY RELEASE</p>
<p>28 <u>BREAKFAST:</u> Breakfast on a Stick <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Nuggets, Succotash, R/O Veggie Cup, Choice of Fruit</p>	<p>29 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak, Gravy, Mashed Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p>30 <u>BREAKFAST:</u> Egg Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Tender Wrap (Cheese,L,T,M), Tator Tots, California Mix, Choice of Fruit</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;"> <p>Menus are subject to change depending on prices and availability of food items.</p> </div>	
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>All breakfasts are served with a fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p> </div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;"> <p>BCBS will offer additional choices at Breakfast.</p> </div>				
<p>USDA is an equal opportunity provider and employer.</p>				

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 MMA). 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, 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 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.