

Bath County Public Schools SEPTEMBER 2016 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>USDA is an equal opportunity provider and employer.</p> <p>A prepared garden salad will be offered daily as a vegetable choice in the schools.</p> <p>BCHS will offer additional choices at Breakfast.</p>	<p style="border: 1px solid black; padding: 5px; text-align: center;">All breakfasts are served with fruit and 100% fruit juice.</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">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 style="text-align: center;">MEAL PRICES</p> <p>Breakfast: Grades PK-5: \$.90 reduced \$3.00 Grades 6-12: \$1.15 reduced \$3.00</p> <p>Lunch: Grades PK-5: \$1.65 reduced \$4.00 Grades 6-12: \$1.90 reduced \$4.00</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">Menus are subject to change depending on prices and availability of food items.</p>	<p>1</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage Biscuit <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Stuffed Crust Pizza, Steamed Broccoli, Sweet Potato Puffs, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>2</p> <p style="text-align: center;">BREAKFAST</p> <p>Mini Pancakes <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Chicken Fajita, Steamed Corn, Seasoned Black Beans, Garden Salad, Choice of Fruit, Choice of Milk</p>
<p>5</p> <p style="text-align: center;"><u>LABOR DAY HOLIDAY</u></p> <p style="text-align: center;"><u>SCHOOLS CLOSED</u></p>	<p>6</p> <p style="text-align: center;">BREAKFAST</p> <p>Breakfast Pizza <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Chicken on Bun (L,T,M), Potato Tots, Steamed Broccoli, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>7</p> <p style="text-align: center;">BREAKFAST</p> <p>French Toast Sticks <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Beefaroni, Seasoned Green Beans, Tossed Salad, Fresh Veggie Cup, Hot Roll, Choice of Fruit, Choice of Milk</p>	<p>8</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage Biscuit <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Gordita, Seasoned Corn, California Blend, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>9</p> <p style="text-align: center;">BREAKFAST</p> <p>Ult. Breakfast Round <u>OR</u> Yogurt, Graham Crackers, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Turkey & Gravy, Mashed Potatoes, Steamed Carrots, Garden Salad, Roll, Choice of Fruit, Choice of Milk</p>
<p>12</p> <p style="text-align: center;">BREAKFAST</p> <p>Chicken on Biscuit <u>OR</u> Mini Cinnis, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Chicken, Seasoned Baked Potato, Steamed Broccoli, Garden Salad, Roll, Choice of Fruit, Choice of Milk</p>	<p>13</p> <p style="text-align: center;">BREAKFAST</p> <p>Breakfast Pizza <u>OR</u> Mini Bagels, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Ham/Cheese Croissant, Sweet Potato Puffs, Garden Salad, R/O Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p>14</p> <p style="text-align: center;">BREAKFAST</p> <p>Bagel, Lite Cream Cheese <u>OR</u> Mini Cinnis, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Hot Dog on Bun (M,O,C), Baked Beans, Cole Slaw, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>15</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage Biscuit <u>OR</u> Mini Bagels, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Taco Salad w/ Salsa, Black Beans, Corn, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>16</p> <p style="text-align: center;">BREAKFAST</p> <p>Mini Cinnis <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Grilled Cheese Sandwich, Scalloped Potatoes, Seasoned Carrots, Garden Salad, Choice of Fruit, Choice of Milk</p>
<p>19</p> <p style="text-align: center;">BREAKFAST</p> <p>Chicken on Biscuit <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Sloppy Joe on Bun, Baked Beans, Broccoli, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>20</p> <p style="text-align: center;">BREAKFAST</p> <p>Breakfast Pizza <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Chicken Patti on Bun, Spinach, Steamed Carrots, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>21</p> <p style="text-align: center;">BREAKFAST</p> <p>Mini Pancakes <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Chicken Strip Wrap (L,T,M,C), Baked Potato, Garden Salad, R/O Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p>22</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage Biscuit <u>OR</u> Mini Cinnis, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Hamburger on Bun (L,T,M,C,O), Lima Beans, Garden Salad, R/O Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p>23 Early Release</p> <p style="text-align: center;">BREAKFAST</p> <p>French Toast Sticks <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Stuffed Crust Pizza, Steamed Corn, Green Beans, Garden Salad, Choice of Fruit, Choice of Milk</p>
<p>26</p> <p style="text-align: center;">BREAKFAST</p> <p>Egg Biscuit <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Mini Corn Dogs, Baked Beans, Cole Slaw, Choice of Fruit, Choice of Milk</p>	<p>27</p> <p style="text-align: center;">BREAKFAST</p> <p>Breakfast Pizza <u>OR</u> Yogurt, Graham Crackers, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Breaded Chicken Strips, Succotash, French Fries, Garden Salad, Roll, Choice of Fruit, Choice of Milk</p>	<p>28 World School Milk Day</p> <p style="text-align: center;">BREAKFAST</p> <p>Tasty Parfait (Yogurt, Fruit, Granola) <u>OR</u> Toast, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Hamburger on Bun, Baked Potato, California Blend, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>29</p> <p style="text-align: center;">BREAKFAST</p> <p>Sausage Biscuit <u>OR</u> Yogurt, Graham Crackers, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Grilled Chicken on Bun, Sweet Potato Puffs, Green Beans, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p>30</p> <p style="text-align: center;">BREAKFAST</p> <p>Chicken Biscuit <u>OR</u> Yogurt, Graham Crackers, Fruit</p> <p style="text-align: center;">LUNCH</p> <p>Fresh Salad Bar (BCHS), Choice of Fruit <u>OR</u> Breaded Fish, Macaroni & Cheese, Steamed Broccoli, Garden Salad, R/O Veggie Cup, Choice of Fruit, Choice of Milk</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 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 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 9-1... 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.