

Bath County Public Schools APRIL 2013 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid green; padding: 10px; width: fit-content; margin: auto;"> <p style="text-align: center;">SPRING BREAK SCHOOL CLOSED</p> </div>		<p>3 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Baked Potato, Spinach, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>4 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Corn Dog, Baked Beans, Cole Slaw, Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>5 <u>BREAKFAST:</u> Egg, Biscuit</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M), Scalloped Potatoes, Veggie Cup, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>
<p>8 <u>BREAKFAST:</u> Pancakes, Lite Syrup</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>9 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Choice of Fruits</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>10 <u>BREAKFAST:</u> Muffin, Lil Smokies</p> <p><u>LUNCH:</u> Chicken Fajita, Broccoli, Red Veggie Cup, Lite Ranch Dip, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>11 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Turkey, Gravy, Mashed Potatoes, Green Beans, Bread Slice, Choice of Fruits</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>12 <u>BREAKFAST:</u> Scrambled Egg, Toast</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Raw Carrots, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>
<p>15 <u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Pizza, Cooked Carrots, Tossed Salad, Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>16 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Potato Wedges, Red Veggie Cup w/ Lite Dip, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>17 <u>BREAKFAST:</u> Scrambled Egg, Biscuit</p> <p><u>LUNCH:</u> Taco Salad w/ Nachos, Corn, Black Beans, Rice Pilaf (Gr. 9-12), Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>18 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/O/K), Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>19 <u>BREAKFAST:</u> Pancakes, Lite Syrup</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad (Romaine), Breadstick, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>
<p>22 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Baked Beans, Broccoli, Roll, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>23 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Veggie Cup, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>24 <u>BREAKFAST:</u> Egg, Toast</p> <p><u>LUNCH:</u> Turkey-Cheese Wrap (L/T/M), Green Beans, Corn, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>25 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Student's Choice</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>26 <u>BREAKFAST:</u> Muffin, Lil Smokies</p> <p><u>LUNCH:</u> Fish, Sweet Potato Fries, Tossed Salad, Roll, Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>
<p>29 <u>BREAKFAST:</u> Cheese Omelet, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Potato, Cole Slaw, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>30 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Chicken Tenders, Pinto Beans, Carrots w/ Lite Dip, Roll, Choice of Fruit</p> <p><u>OR</u> Salad Bar @ BCHS</p>	<p>In accordance with Federal Law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>		

Gr. 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, ½ pint of low-fat or fat-free milk

Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.

Gr. 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.

Gr. 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.

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.

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

BCHS offers a salad bar that includes all the components of a reimbursable meal.