

## Bath County Public Schools APRIL 2014 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>MARCH 31</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Fruit</p>	<p><b>1</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad (w/ Lettuce/ Tomato/Cheese/Salsa/Sour Cream), Corn, R/O Veggie Cup w/ Dip, Fruit</p>	<p><b>2</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Romaine/Spinach Salad, Fruit</p>	<p><b>3</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M), Tator Tots, California Blend, Fruit</p>	<p><b>4</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Green Beans, Mini Carrots w/ Lite Dip, Roll, Fruit</p>
<p><b>7</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, French Fries, Cole Slaw, Choice of Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Corn Dog, Baked Beans, Carrots w/ Lite Ranch Dressing, Choice of Fruit</p>	<p><b>9</b> <u>BREAKFAST:</u> Egg, Biscuit OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p><b>10</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Tossed Salad, Breadstick, Choice of Fruit</p>	<p><b>11</b> <u>BREAKFAST:</u> Muffin, Lil Smokies OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>
<p><b>14</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Cheese Sticks w/ Marinara Sauce, Baked Beans, Green Pepper Strips &amp; Cucumber Slices w/ Lite Ranch, Choice of Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Popcorn Chicken, Green Peas, R/O Veggie Cup w/ Dip, Choice of Fruit</p>	<p><b>16</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap, Sweet Potato Tots, Green Beans, Choice of Fruit</p>	<p><b>17</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad (w/ Salsa/ Sour Cream), Corn, Black Beans, Choice of Fruit</p>	<p><b>18</b></p> <p style="font-size: 1.5em; font-weight: bold;">SPRING BREAK  SCHOOLS CLOSED</p>
<p><b>21</b></p> <p style="font-size: 1.5em; font-weight: bold;">SPRING BREAK  SCHOOLS CLOSED</p>	<p><b>22</b></p> <p style="font-size: 1.5em; font-weight: bold;">SPRING BREAK  SCHOOLS CLOSED</p>	<p><b>23</b> <u>BREAKFAST:</u> Scrambled Egg, Biscuit, OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Pattie on Bun (L/T/M), Potato Rounds, R/O Veggies w/ Lite Ranch Dip, Choice of Fruit</p>	<p><b>24</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Broccoli, Cole Slaw, Roll, Choice of Fruit</p>	<p><b>25</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M), Sweet Potato Fries, Green Beans, Choice of Fruit</p>
<p><b>28</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M), French Fries, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p><b>29</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Corn Dog, Cole Slaw, Lima Beans, Choice of Fruit</p>	<p><b>30</b> <u>BREAKFAST:</u> Ultimate Breakfast Round OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap (w/ Cheese/Salsa/Sour Cream), Corn, Broccoli, Choice of Fruit</p>	<p>A complete breakfast consists of at least 1 grain, 1 fruit &amp; 1 milk serving. 1 protein serving may be included in breakfast in addition to the grain serving.</p> <p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p>	<p>Menus are subject to change depending on prices and availability of food items.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>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.</p> </div> <p>In accordance with Federal Law &amp; 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>

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 items (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.