

Bath County Public Schools APRIL 2015 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>USDA is an equal opportunity provider and employer.</p> <p>A prepared tossed salad will be offered daily as a vegetable choice in the schools. BCBS will offer additional choices at Breakfast.</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> <p>Menus are subject to change depending on prices and availability of food items.</p> </div> <p>All breakfasts are served with a choice of fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p>		<p>1 <u>BREAKFAST:</u> Cinnamon Bun OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun (M,K), Baked Beans, California Mix, Choice of Fruit</p>	<p>2 EARLY RELEASE <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Pizza, Corn, Salad, Choice of Lime Sherbet/ Fruit</p>	<p>3</p> <p style="font-size: 1.2em; color: magenta;">SPRING BREAK SCHOOLS CLOSED</p>
<p>6</p> <p style="font-size: 1.2em; color: magenta;">SPRING BREAK SCHOOLS CLOSED</p>	<p>7</p> <p style="font-size: 1.2em; color: magenta;">SPRING BREAK SCHOOLS CLOSED</p>	<p>8 <u>BREAKFAST:</u> French Toast Sticks OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap, French Fries, R/O Veggie Cup, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p style="font-size: 0.8em;"><i>Lunch Menu by MES 2nd Grade</i></p> <p><u>LUNCH:</u> Hamburger Steak, Gravy, Mashed Potatoes, Spinach, Roll, Grapes or Sherbet</p>	<p>10 <u>BREAKFAST:</u> Biscuit, Egg OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Sweet Potato Puffs, Cole Slaw, Choice of Fruit</p>
<p>13 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, R/O Veggie Cup, Roll, Choice of Fruit</p>	<p>14 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M), Baked Potato, California Mix, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Corn, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Toast</p> <p style="font-size: 0.8em;"><i>Lunch Menu by MES 1st Grade</i></p> <p><u>LUNCH:</u> Popcorn Chicken, Macaroni & Cheese, Green Beans, Carrots, Roll, Strawberry Cup or Grapes</p>	<p>17 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Sweet Potato Fries, Broccoli, Choice of Fruit</p>
<p>20 <u>BREAKFAST:</u> Egg, Toast OR Cereal, Yogurt</p> <p style="font-size: 0.8em;"><i>Lunch Menu by MES Kindergarten</i></p> <p><u>LUNCH:</u> Chicken Tenders, Corn, Green Beans, Roll, Raspberry Sherbet or Grapes</p>	<p>21 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Spinach, R/O Veggie Cup, Roll, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Cinnamon Bun OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap, Baked Potato, California Blend, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Pizza, Carrots, Succotash, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Broccoli, Cole Slaw, Roll, Choice of Fruit</p>
<p>27 <u>BREAKFAST:</u> Biscuit, Egg OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Nuggets, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>29 <u>BREAKFAST:</u> Pancake, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, R/O Veggie Cup, Dip, Choice of Fruit <i>(Gr. 9-12 Brown Rice)</i></p>	<p>30 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (M,L,T), Sweet Potato Puffs, Green Veggie Cup w/ Dressing, Choice of Fruit</p>	<p>MAY 1 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham & Cheese Sandwich (L,T,M), Spinach, Peas & Carrots, Choice of Fruit</p>

BREAKFAST

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 M/MA). All items offered must be taken.

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 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 3-12... 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.

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.