

Bath County Public Schools April 2017 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>All breakfasts are served with fruit and 100% fruit juice.</p> <p>All meals are served with a choice of low-fat or fat-free milk.</p>		<p>MES offers an alternative lunch entrée.</p> <p>Menus are subject to change.</p>		<p>A prepared garden salad will be offered daily as a vegetable choice in the schools.</p> <p>USDA is an equal opportunity provider and employer.</p>
<p>3 <u>BREAKFAST:</u> Breakfast Bun, Sausage Link OR Yogurt, Toast</p> <p><u>LUNCH:</u> Tomato Soup, Grilled Cheese Sandwich, Cucumber, Gr. Pepper, Celery Cup, Tossed Salad, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p style="text-align: center;"><i>Lunch Planned by MES 2nd Grade</i></p> <p><u>LUNCH:</u> Chicken Nuggets, French Fries, Green Beans, Tossed Salad, Sidekick or Watermelon</p>	<p>5 <u>BREAKFAST:</u> Chicken Biscuit OR Cereal, Cinnamon Crisp</p> <p><u>LUNCH:</u> Hamburger on Bun, French Fries, California Blend, Tossed Salad, Choice of Fruit</p>	<p>6 <u>BREAKFAST:</u> Sausage Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Sesame Chicken, Rice Pilaf, Stir Fry Vegetables, Pinto Beans, Tossed Salad, Choice of Fruit</p>	<p>7 <u>BREAKFAST:</u> Parfait OR Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Broccoli, V8 Juice, Tossed Salad, Roll, Fruit</p>
<p>10 <u>BREAKFAST:</u> Cinnamon Raisin Bagel OR Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Sweet Potato Fries, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Graham Crackers</p> <p style="text-align: center;"><i>Lunch Planned by MES 3rd Grade</i></p> <p><u>LUNCH:</u> Taco Salad, Mashed Potatoes, Tossed Salad, Grapes or Sidekick</p>	<p>12 <u>BREAKFAST:</u> Muffin OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham, Macaroni Salad, Green Beans, R/O Veggie Cup, Tossed Salad, Roll, Choice of Fruit</p>	<p>13 <u>BREAKFAST:</u> Sausage Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Pizza, California Mix, Tossed Salad, Choice of Fruit</p> <p style="text-align: center;">12:30 EARLY RELEASE</p>	<p>SCHOOLS CLOSED</p> <p>SPRING BREAK</p>
<p>SCHOOLS CLOSED</p> <p>SPRING BREAK</p>	<p>SCHOOLS CLOSED</p> <p> SPRING BREAK</p>	<p>19 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Breast Strips, Corn, Veggie Cup, Tossed Salad, Roll, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Cinnamon Crisp</p> <p><u>LUNCH:</u> Spaghetti w/ Meatballs in Sauce, Broccoli, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>21 <u>BREAKFAST:</u> Blueberry Muffin OR Yogurt, Toast</p> <p><u>LUNCH:</u> Chicken Fajita, Brown Rice, Baby Lima Beans, Tossed Salad, Choice of Fruit</p>
<p>24 <u>BREAKFAST:</u> Pancakes OR Cereal, Toast</p> <p><u>LUNCH:</u> Mozzarella Cheese Sticks, Marinara Sauce, Peas, Tossed Salad, V8 Juice, Biscuit, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Toast</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Tossed Salad, Bread, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> Breakfast Bun, Sausage Link OR Yogurt, Toast</p> <p><u>LUNCH:</u> Cheesesteak Sub, Sweet Potato Fries, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Cinnamon Crisp</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Roasted Chicken, Macaroni & Cheese, Broccoli, Tossed Salad, Biscuit, Choice of Fruit</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/M/A). 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 1 cup milk 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 9-12....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, 1 cup 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.