

Bath County Public Schools AUGUST 2012 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>BCHS offers a salad bar that includes all the components of a reimbursable meal.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Menus are subject to change depending on prices and availability of food items.</p> </div> <div style="border: 1px solid black; padding: 5px;"> <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>22 <u>BREAKFAST:</u> Pancakes, Syrup</p> <p><u>LUNCH:</u> Turkey/Cheese Wrap, French Fries, Mini Carrots, Fruit Assortment</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>23 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Hot Dog w/ Chili on Whole Wheat Bun, Sweet Potato Fries, Cole Slaw, Fruit Assortment</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>24 <u>BREAKFAST:</u> Scrambled Eggs, Toast</p> <p><u>LUNCH:</u> Popcorn Chicken, Pinto Beans, Broccoli Florets, Whole Wheat Roll, Fruit Assortment</p> <p><u>OR Salad Bar @ BCBS</u></p>
<p>27 <u>BREAKFAST:</u> Cheese/Egg Biscuit</p> <p><u>LUNCH:</u> Barbeque on Whole Wheat Bun, Baked Beans, Cole Slaw, Assorted Fruits</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>28 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Whole Wheat Pepperoni Pizza, Corn, Tossed Salad, Assorted Fruits</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>29 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Enriched Brown Rice, Green Beans, Veggie Cup, Assorted Fruits</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>30 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Cheesburger on Whole Wheat Bun, Sweet Potato, Tossed Salad, Assorted Fruits</p> <p><u>OR Salad Bar @ BCBS</u></p>	<p>31 <u>BREAKFAST:</u> Lil Smokies, Toast</p> <p><u>LUNCH:</u> Taco Salad, Broccoli, Carrot/Celery Sticks, Assorted Fruits</p> <p><u>OR Salad Bar @ BCBS</u></p>

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 9-12... 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.

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.

NEW 2012-2013 Lunch Prices

Grade	Breakfast	Lunch
PK-5	.80¢	\$1.60
6-12	\$1.05	\$1.85
Adult	\$1.35	\$2.50



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