



Bath County Public Schools AUGUST 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				
		<p>19 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Bar-B-Que on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Nuggets, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	<p>21 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, R/O Veggie Cup, Roll, Choice of Fruit</p>
<p>24 <u>BREAKFAST:</u> Scrambled Egg, Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M, Cheese), Scalloped Potatoes, Spinach, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, Sweet Potato Puffs, California Mix, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Milk</p> <p><u>LUNCH:</u> Chicken Tender Wrap, Pinto Beans, Carrots, Dip, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Corn, Black Beans, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Milk</p> <p><u>LUNCH:</u> Hamburger Steak, Gravy, Mashed Potatoes, Green Beans, Roll, Choice of Fruit</p>
<p>31 <u>BREAKFAST:</u> Egg, Cheese Burito <i>OR</i> Cereal, Milk</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup, Choice of Fruit</p>				

MEAL PRICES

Breakfast:

Grades PK-5: \$.90 reduced \$0.30
Grades 6-12: \$1.15 reduced \$0.30

Lunch:

Grades PK-5: \$1.65 reduced \$0.40
Grades 6-12: \$1.90 reduced \$0.40

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 MMA). 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 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.

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.

A prepared tossed salad will be offered daily as a vegetable choice in the schools.

All breakfasts are served with fruit and juice. All meals are served with a choice of low-fat or fat-free milk.

BCHS will offer additional choices at Breakfast.

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

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