

Bath County Public Schools AUGUST 2017 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A prepared garden salad will be offered daily as a vegetable choice in all schools.</p>		<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. (White, Chocolate, Strawberry)</p>		<p>MEAL PRICES</p> <p>Breakfast: Grades PK-5: \$.90 reduced \$0 Grades 6-12: \$1.15 reduced \$0 Adult: \$1.50</p> <p>Lunch: Grades PK-5: \$1.65 reduced \$0 Grades 6-12: \$1.90 reduced \$0 Adult: \$3.00</p>
<p>BREAKFAST</p> <p>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/MA). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.</p> <p>LUNCH</p> <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 1 cup milk of low-fat or fat-free milk.</p> <p>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 1 cup of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.</p> <p>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.</p> <p>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.</p>		<p>MES offers an alternative lunch entrée.</p>		
		<p>16</p> <p>BREAKFAST French Toast Sticks <u>OR</u> Cereal, Toast</p> <p>LUNCH Spaghetti w/ Meat Sauce, Broccoli, Spinach Salad, Breadstick, Choice of Fruit</p>	<p>17</p> <p>BREAKFAST Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p>LUNCH Chicken Pattie on Bun (L/T), R/O Veggie Cup, Navy Beans, Tossed Salad, Choice of Sidekick or Fruit</p>	<p>18</p> <p>BREAKFAST Chicken Biscuit <u>OR</u> Yogurt, Cinnamon Crisps</p> <p>LUNCH Fish, Macaroni & Cheese, Cole Slaw, Side Salad, Roll, Choice of Fruit</p>
<p>21</p> <p>BREAKFAST Breakfast Buns <u>OR</u> Cereal, Graham Crackers</p> <p>LUNCH Pizza, Carrots, Broccoli, Tossed Salad, Choice of Fruit</p>	<p>22</p> <p>BREAKFAST Breakfast Pizza <u>OR</u> Cereal, Toast</p> <p>LUNCH Barbeque on Bun, Baked Potato, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p>23</p> <p>BREAKFAST Parfait <u>OR</u> Cereal, Graham Crackers</p> <p>LUNCH Turkey w/ Gravy, Mashed Potatoes, Green Beans, Spinach Salad, Choice of Fruit Sliced Bread</p>	<p>24</p> <p>BREAKFAST Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p>LUNCH Chicken Strip Wrap, Corn, Mixed Vegetables, Tossed Salad, Choice of Fruit</p>	<p>25</p> <p>BREAKFAST Pancakes <u>OR</u> Yogurt, Graham Crackers</p> <p>LUNCH Hot Dog on Bun, Baked Beans, R/O Vegetable Cup, Tossed Salad, Choice of Fruit</p>
<p>28</p> <p>BREAKFAST Breakfast Buns <u>OR</u> Yogurt, Graham Crackers</p> <p>LUNCH Hamburger on Bun, Potato Salad, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>29</p> <p>BREAKFAST Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps</p> <p>LUNCH Taco Salad w/ Salsa, Corn, Broccoli, Tossed Salad, Choice of Fruit</p>	<p>30</p> <p>BREAKFAST Muffin <u>OR</u> Yogurt, Toast</p> <p>LUNCH Chicken Strips, Half Baked Potato, Green Beans, R/O Veggie Cup, Roll,</p>	<p>31</p> <p>BREAKFAST Sausage Biscuit <u>OR</u> Yogurt, Toast</p> <p>LUNCH Philly Cheese Steak on Bun, Macaroni Salad, California Blend, Tossed Salad</p>	

USDA is an equal opportunity provider and employer.

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

