

# Bath County Public Schools DECEMBER 2012 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>4</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Macaroni &amp; Cheese, Green Beans, Tossed Salad, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>5</b> <u>BREAKFAST:</u> Scrambled Eggs, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn on Cob, Veggie Cup w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>6</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M), Sweet Potato Puffs, Spinach, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>7</b> <u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Carrots w/ Dip, Broccoli, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p><b>10</b> <u>BREAKFAST:</u> Egg Biscuit</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Tossed Salad, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>11</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Ham, Sweet Potato Puffs, Succotash, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>12</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Chicken Tenders w/ Cheese Wrap, Pinto Beans, Mini Carrots w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>13</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>14</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun w/ Chili, Scalloped Potatoes, Broccoli, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p><b>17</b> <u>BREAKFAST:</u> Pancakes w/ Lite Syrup</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Carrot Sticks w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>18</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>19</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Turkey Cheese Wrap w/ Lettuce &amp; Tomatoes, Sweet Potato Fries, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>20</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Sliced Bread, Raspberry Sherbet, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>21</b> <u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Stuffed Crust Pepperoni Pizza, Broccoli, Tossed Salad or Raw Veggies, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>

<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
 <p style="color: red; font-weight: bold; font-size: 1.2em;">DECEMBER 24 - JANUARY 2</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">CHRISTMAS &amp; NEW YEAR'S HOLIDAY *SCHOOL CLOSED*</p>				

<p><b>31</b></p> <p style="text-align: center;">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>	<p>Gr. 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, ½ pint of low-fat or fat-free milk</p> <p>Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.</p> <p>Gr. 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.</p> <p>Gr. 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.</p>	<p>BCHS offers a salad bar that includes all the components of a reimbursable meal.</p>															
	<table border="1" style="margin: auto;"> <thead> <tr> <th colspan="3">NEW 2012-2013 Lunch Prices</th> </tr> <tr> <th>Grade</th> <th>Breakfast</th> <th>Lunch</th> </tr> </thead> <tbody> <tr> <td>PK-5</td> <td>.80¢</td> <td>\$1.60</td> </tr> <tr> <td>6-12</td> <td>\$1.05</td> <td>\$1.85</td> </tr> <tr> <td>Adult</td> <td>\$1.35</td> <td>\$2.50</td> </tr> </tbody> </table>	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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	<p>Menus are subject to change depending on prices and availability of food items.</p> <p>In accordance with Federal Law &amp; U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>																