

Bath County Public Schools DECEMBER 2013 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>2 <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Carrots w/ Ranch Dip, Fruit</p>	<p>3 <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (M/O/K), French Fries, Green Beans, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Ultimate Breakfast Round OR Lil Smokies & Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Green Veggie Cup w/ Ranch, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Tossed Salad, Breadstick, Fruit</p>	<p>6 <u>BREAKFAST:</u> Egg Biscuit OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Cole Slaw, R/O Veggie Cup, Roll, Choice of Fruit</p>
<p>9 <u>BREAKFAST:</u> Cereal, Yogurt OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice, Black Bean Salsa, Corn, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Potato, Spinach, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Toast, Yogurt OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Pizza, Broccoli, R/O Veggie Cup, Fruit</p>	<p>12 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Lil Smokies</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>13 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Green Peas, Carrots, Choice of Fruit</p>
<p>16 <u>BREAKFAST:</u> Cereal, Yogurt OR Cheese Toast</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Creamed Potatoes, Green Beans, Slice of Bread (1 oz.), Fruit</p>	<p>17 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Tossed Salad, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Pancakes w/ Syrup OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken, Navy Beans, R/O Veggie Cup w/ Ranch, Roll, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham, Scalloped Potatoes, Broccoli, Roll, Sherbet, Fruit (Grades 9-12)</p>	<p>20 <u>BREAKFAST:</u> Ultimate Breakfast Round, OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Pizza, Corn, Salad, Fruit</p>


23 **24** **25** **26** **27**



DECEMBER 23, 2013 - January 3, 2014

CHRISTMAS & NEW YEAR'S HOLIDAY

** SCHOOL CLOSED **

<p>30</p>	<p>31</p> 	<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> <p>Menus are subject to change depending on prices and availability of food items.</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>
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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.