

Bath County Public Schools DECEMBER 2015 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All breakfasts are served with a fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p> 	<p>1 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Raw Broccoli/Cauliflower/ Carrots w/ Dip, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> Breakfast on a Stick, OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice, Pinto Beans, R/O Veggie Cup, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/K), Sweet Potato Puffs, California Blend, Choice of Fruit</p>
	<p>7 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Broccoli, Beets, Choice of Fruit</p>	<p>8 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Baked Potato, Spinach, Roll, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Chipotle Gordita, Corn, R/O Veggie Cup, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>
<p>14 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Mix, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (Cheese/LT/M/K), French Fries, Tossed Salad, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Mini Cinnis OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Sweet Potato Fries, R/O Veggie Cup, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Mini Corn Dogs, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Raw Broccoli/Carrots/ Cauliflower w/ Lite Ranch, Choice of Fruit</p>
<p>21 <u>BREAKFAST:</u> Breakfast Pizza, OR Cereal, Toast</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Bread, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, Tossed Salad, Sidekick/Fruit</p> <p style="text-align: center;">12:30 EARLY RELEASE</p>	<div style="border: 2px solid green; border-radius: 15px; padding: 10px; background-color: #e0ffe0;"> <p>DECEMBER 23, 2015 - JANUARY 1, 2016 CHRISTMAS & NEW YEAR'S HOLIDAY ** SCHOOLS CLOSED **</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>BCBS will offer additional choices at Breakfast.</p> </div> <div style="text-align: right; margin-top: 10px;">  </div>		

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 M/M/A). 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.

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



USDA is an equal opportunity provider and employer.