Bath County Public Schools DECEMBER 2016 Breakfast & Lunch Menu

MONDAY Grades K.1. A complete breakt	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST Grades K-1 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. LUNCH 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 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, ¾ 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.			BREAKFAST Sausage Biscuit OR Cereal, Yogurt LUNCH Stuffed Crust Pizza, Carrots, Spinach Salad, Choice of Fruit	BREAKFAST Egg Biscuit OR Cereal, Toast LUNCH Fish Sticks, Macaroni & Cheese, Sweet Potato Tots, Green Beans, Tossed Salad, Choice of Fruit
BREAKFAST Breakfast Pizza OR Cinnamon Crisps LUNCH Barbeque on Bun, French Fries,	BREAKFAST Bagel, Cream Cheese OR Cereal, Toast LUNCH Taco Salad, Corn, Broccoli,	BREAKFAST Mini Pancakes OR Cereal, Yogurt LUNCH Hamburger Steak, Gravy, Mashed Potatoes,	BREAKFAST Sausage Biscuit OR Cereal, Yogurt LUNCH Hot Dog on Bun, Baked Beans,	BREAKFAST French Toast Sticks OR Cereal, Yogurt LUNCH Ham/Cheese on Croissant,
Cole Slaw, Tossed Salad, Choice of Fruit 12 BREAKFAST Breakfast Pizza OR	Tossed Salad, Choice of Fruit 13 BREAKFAST Parfait OR Cereal,	Lima Beans, Tossed Salad, Roll, Side Kick or Fruit 14 BREAKFAST Ult. Breakfast Round OR	R/O Veggie Cup, Tossed Salad, Choice of Fruit 15 BREAKFAST Sausage Biscuit OR	Sweet Potato Tots, Beets, Tossed Salad, Choice of Fruit 16 BREAKFAST Egg, Toast OR
Cereal, Yogurt LUNCH Hamburger on Bun, Carrots, Broccoli, Tossed Salad, Choice of Fruit	Graham Crackers LUNCH Taco, Corn, Black Beans, Choice of Fruit	Cereal, Toast LUNCH Chicken on Bun, French Fries, R/O Veggie Cup, Tossed Salad, Choice of Fruit	LUNCH Spaghetti/Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit	LUNCH Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit
BREAKFAST Mini Pancakes OR Cereal, Graham Crackers LUNCH	BREAKFAST Breakfast Pizza <u>OR</u> Cereal, Yogurt	BREAKFAST Sausage Biscuit OR Cereal, Yogurt	122 Haj	23 D D Y
Mini Corn Dogs, Scalloped Potatoes, California Blend, Tossed Salad, Choice of Fruit	Philly Cheese Steak, French Fries, Peppers, Carrot Cup, Caesar Salad, Strawberry/Blueberry Cup	Pizza, Corn, Broccoli, Tossed Salad, Choice of Fruit 12:30 EARLY RELEASE	Holic	dys.
** SCHOOL CLOSED ** DECEMBER 22-JANUARY 2 CHRISTMAS & NEW YEAR'S HOLIDAY				

All breakfasts are served with fruit and 100% fruit juice.

All meals are served with a choice of low-fat or fat-free milk.

A prepared garden salad will be offered daily as a vegetable choice in the schools. Menus are subject to change.

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