



# Bath County Public Schools DECEMBER 2017 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Grades K-12 COMPLETE BREAKFAST:</b>                      Each student <b>must be offered:</b> 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).                      Each student <b>must select:</b> At least <u>three</u> of the four food items offered, 1 selection must be at least a ½ cup of fruit.</p> <p><b>Grades K-8 COMPLETE LUNCH:</b>                      Each student <b>must be offered:</b> 1-2 oz. eq. meat/meat alternate item (9-10 oz. over the course of the week), 1-2 oz. eq. grain item (8-10 oz. over the course of the week), ½ cup fruit, ¼ cup vegetables, 1 cup of low-fat or fat-free milk.                      Each student <b>must select:</b> At least <u>three</u> of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p> <p><b>Grades 9-12 COMPLETE LUNCH:</b>                      Each student <b>must be offered:</b> 2 oz. eq. meat/meat alternate item (10-12oz. over the course of the week), 2 oz. eq. grain item (10-12 oz. over the course of the week), 1 cup fruit, 1 cup vegetables, 1 cup of low-fat or fat-free milk.                      Each student <b>must select:</b> At least <u>three</u> of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p>				<p><b>1</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Blueberry Muffin <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Ham &amp; Cheese Croissant, Sweet Potato Wedges, Peas, Caesar Salad, Choice of Fruit</p>
<p><b>4</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Pancakes <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Salisbury Steak w/ Gravy, Mashed Potatoes, Green Beans, Tossed Salad, Choice of Fruit</p>	<p><b>5</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Turkey, Cheese on Croissant (L/T), Sweet Potato Wedges, Spinach Salad, Choice of Fruit</p>	<p><b>6</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>French Toast Sticks <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Spaghetti w/ Meat Sauce, Broccoli, Ceasar Salad, Spinach Salad, Choice of Fruit</p>	<p><b>7</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Pattie on Bun (L/T), R/O Veggie Cup, Navy Beans, Tossed Salad, Choice of Sidekick or Fruit</p>	<p><b>8</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Chicken Biscuit <u>OR</u> Yogurt, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Fish, Macaroni &amp; Cheese, Cole Slaw, Side Salad, Roll, Choice of Fruit</p>
<p><b>11</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Cini Minis <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Pizza, Carrots, Broccoli, Tossed Salad, Choice of Fruit</p>	<p><b>12</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Barbeque on Bun, Corn, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p><b>13</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Parfait <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Turkey w/ Gravy, Mashed Potatoes, Green Beans, Spinach Salad, Bread, Tossed Salad, Choice of Fruit</p>	<p><b>14</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Strip Wrap, Beets, Mixed Vegetables, Tossed Salad, Choice of Fruit</p>	<p><b>15</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Pancakes <u>OR</u> Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hot Dog on Bun, Baked Beans, R/O Vegetable Cup, Tossed Salad, Choice of Fruit</p>
<p><b>18</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Cini Mini <u>OR</u> Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Strips, Baked Potato Boats, Green Beans, R/O Veggie Cup, Roll, Choice of Fruit</p>	<p><b>19</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco Salad w/ Salsa, Corn, Tossed Salad, Choice of Fruit</p>	<p><b>20</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Muffin <u>OR</u> Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hamburger on Bun, Sweet Potato Wedges, Christmas Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p><b>21</b></p> <p style="text-align: center;"><u>BREAKFAST</u></p> <p>Sausage Biscuit <u>OR</u> Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Holiday Popcorn Chicken, Potato Sidewinders, Veggie Delight, Tossed Salad, Choice of Fruit</p> <p style="text-align: center;"><b>12:30 EARLY RELEASE</b></p>	<p><b>22</b></p> <p style="font-size: 2em; color: red;">Happy Holidays!</p> 
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p style="font-size: 1.5em; color: red; font-weight: bold;">** SCHOOL CLOSED **</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">DECEMBER 22-JANUARY 2</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">WINTER BREAK—CHRISTMAS &amp; NEW YEAR'S HOLIDAY</p>				

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

MES offers an alternative lunch entrée.

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

All meals are served with a choice of low-fat or fat-free milk. (White, Chocolate, Strawberry)

USDA is an equal opportunity provider and employer.

A prepared garden salad will be offered daily as a vegetable choice in all schools.

### MEAL PRICES

<b>Breakfast:</b>	
Grades PK-5: \$ .90	reduced \$ 0
Grades 6-12: \$ 1.15	reduced \$ 0
Adult: \$ 1.50	
<b>Lunch:</b>	
Grades PK-5: \$ 1.65	reduced \$ 0
Grades 6-12: \$ 1.90	reduced \$ 0
Adult: \$ 3.00	