



# Bath County Public Schools FEBRUARY 2013 Breakfast & Lunch Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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Gr. 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, ½ pint of low-fat or fat-free milk  
Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.  
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.  
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.

**1**  
**BREAKFAST:**  
Cereal, Muffin  
  
**LUNCH:**  
Turkey w/ Gravy on Bread, Mashed Potatoes, Green Beans, Choice of Fruit  
OR Salad Bar @ BCHS

**4**  
**BREAKFAST:**  
Cereal, Toast  
  
**LUNCH:**  
Corn Dog, Scalloped Potatoes, Beets, Veggie Cup, Choice of Fruit  
OR Salad Bar @ BCHS

**5**  
**BREAKFAST:**  
Breakfast Pizza  
  
**LUNCH:**  
Hamburger on Bun (L/T/M), Potato Rounds, Brussel Sprouts, Pinto Beans, Choice of Fruit  
OR Salad Bar @ BCHS

**6**  
**BREAKFAST:**  
Scrambled Egg, Biscuit  
  
**LUNCH:**  
Taco Salad w/ Nachos, Corn, Rice Pilaf (Gr. 9-12), Black Beans, Choice of Fruit  
OR Salad Bar @ BCHS

**7**  
**BREAKFAST:**  
Sausage Biscuit, Gravy  
  
**LUNCH:**  
Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit  
OR Salad Bar @ BCHS

**8**  
**BREAKFAST:**  
French Toast Sticks  
  
**LUNCH:**  
Chicken Pattie on Bun, Cole Slaw, Broccoli, Choice of Fruit  
OR Salad Bar @ BCHS

**11**  
**BREAKFAST:**  
Toast, Lil Smokies  
  
**LUNCH:**  
Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit  
OR Salad Bar @ BCHS

**12**  
**BREAKFAST:**  
Breakfast Pizza  
  
**LUNCH:**  
Stuffed Crust Pizza, Broccoli, Tossed Salad, Choice of Fruit  
OR Salad Bar @ BCHS

**13**  
**BREAKFAST:**  
Pancakes, Lite Syrup  
  
**LUNCH:**  
Turkey Gravy, Mashed Potatoes, Green Beans, Bread Slice, Choice of Fruit  
OR Salad Bar @ BCHS

**14**  
**BREAKFAST:**  
Sausage Biscuit, Gravy  
  
**LUNCH:**  
Chicken Fajita, Corn, Red Veggie Cup w/ Ranch, Raspberry Sherbet, Fresh Fruit (Gr. 9-12)  
OR Salad Bar @ BCHS

**15**  
**BREAKFAST:**  
Bagel, Cream Cheese  
  
**LUNCH:**  
Fish, French Fries, Carrots, Roll, Choice of Fruit  
OR Salad Bar @ BCHS

**18**  
  
**PUPIL HOLIDAY**

**19**  
**BREAKFAST:**  
Breakfast Pizza  
  
**LUNCH:**  
Potato Soup, Grilled Cheese Sandwich, Carrots w/ Dip, Choice of Fruit  
OR Salad Bar @ BCHS

**20**  
**BREAKFAST:**  
Cereal, Toast  
  
**LUNCH:**  
Turkey/Cheese Wrap w/ Lettuce & Tomato, Sweet Potato Fries, Green Beans, Choice of Fruit  
OR Salad Bar @ BCHS

**21**  
**BREAKFAST:**  
Sausage Biscuit, Gravy  
  
**LUNCH:**  
Menu Chosen by Designated Class in Each School  
OR Salad Bar @ BCHS

**22**  
**BREAKFAST:**  
Scrambled Egg, Toast  
  
**LUNCH:**  
Hot Dog on Bun, Scalloped Potatoes, Cole Slaw, Choice of Fruit  
OR Salad Bar @ BCHS

**25**  
**BREAKFAST:**  
Pancakes, Lite Syrup  
  
**LUNCH:**  
Chicken Pattie on Bun, Baked Potato, Spinach, Choice of Fruit  
OR Salad Bar @ BCHS

**26**  
**BREAKFAST:**  
Breakfast Pizza  
  
**LUNCH:**  
Stuffed Crust Pizza, Corn, Tossed Salad, Choice of Fruit  
OR Salad Bar @ BCHS

**27**  
**BREAKFAST:**  
Cereal, Toast  
  
**LUNCH:**  
Chicken Fajita Wrap, Sweet Potato Fries, Mini Carrots w/ Dip, Choice of Fruit  
OR Salad Bar @ BCHS

**28**  
**BREAKFAST:**  
Sausage Biscuit, Gravy  
  
**LUNCH:**  
Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit  
OR Salad Bar @ BCHS

**MARCH 1**  
**BREAKFAST:**  
Cereal, Muffin  
  
**LUNCH:**  
Vegetable Soup, Grilled Cheese Sandwich, Veggie Cup, Choice of Fruit  
OR Salad Bar @ BCHS

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.

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

BCHS offers a salad bar that includes all the components of a reimbursable meal.