

# Bath County Public Schools FEBRUARY 2014 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>3</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Sweet Potato Rounds, Choice of Fruit</p>	<p><b>4</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>	<p><b>5</b> <u>BREAKFAST:</u> Pancakes w/ Syrup <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, Broccoli, Choice of Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Biscuit</p> <p><u>LUNCH:</u> Chili Con Carne w/ Beans, Carrots, Veggie Cup w/ Lite Ranch, Corn Bread, Choice of Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Cole Slaw, R/O Veggie Cup, Roll, Choice of Fruit</p>
<p><b>10</b> <u>BREAKFAST:</u> Cereal, Yogurt <i>OR</i> Cheese Toast</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Choice of Fruit</p>	<p><b>11</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Hamburger (Cheese) on Bun, French Fries, Carrots w/ Dip, Choice of Fruit</p>	<p><b>12</b> <u>BREAKFAST:</u> Cereal, Toast <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Spinach Salad, Choice of Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Biscuit</p> <p><u>LUNCH:</u> Ham Slice, Sweet Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Pancakes w/ Syrup <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/O/C), Baked Beans, Cole Slaw, Choice of Fruit/Sherbet</p>
<p><b>17</b> <u>BREAKFAST:</u> Scrambled Egg, Muffin <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Brussels Sprouts, Tossed Salad w/ Romaine Lettuce, Breadstick, Choice of Fruit</p>	<p><b>18</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Broccoli, Bread Slice, Choice of Fruit</p>	<p><b>19</b> <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>20</b></p> <p><b>PUPIL HOLIDAY</b></p> <p><b>NO SCHOOL</b></p> <p>Parent-Teacher Conferences 1:00-4:00, 4:30-7:00</p>	<p><b>21</b> <u>BREAKFAST:</u> Lil Smokies, Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, R/O Veggie Cup w/ Lite Dressing, Choice of Fruit</p>
<p><b>24</b> <u>BREAKFAST:</u> Pancakes w/ Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Corn, Carrots w/ Lite Ranch, Roll, Choice of Fruit</p>	<p><b>25</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Pinto Beans, Cole Slaw, Roll, Choice of Fruit</p>	<p><b>26</b> <u>BREAKFAST:</u> Cereal, Yogurt <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Black Beans, Spanish Rice, R/G Peppers w/ Lite Ranch, Choice of Fruit</p>	<p><b>27</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Biscuit</p> <p><u>LUNCH:</u> Hamburger (Cheese) on Bun (M/O/C), Potato Rounds, California Blend, Choice of Fruit</p>	<p><b>28</b> <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Pizza, Spinach, R/O Veggie Cup, Choice of Fruit</p>



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.

A prepared tossed salad will be offered daily as a vegetable choice in the schools.

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

In accordance with Federal Law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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.