

Bath County Public Schools FEBRUARY 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>2 <u>BREAKFAST:</u> French Toast <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Chicken on Bun, Baked Potato, Spinach, Fruit</p>	<p>3 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Corn Dog or Mini Corn Dogs, Baked Beans, Cole Slaw, Fruit</p>	<p>4 <u>BREAKFAST:</u> Ultimate Breakfast Round <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, R/O Veggie Cup w/ Ranch Dip, Breadstick, Fruit</p>	<p>5 <u>BREAKFAST:</u> Sausage, Biscuit <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> <i>Planned by MES 3rd Grade</i> Popcorn Chicken, Macaroni & Cheese, Broccoli, Tossed Salad, Roll, Lime Sherbet</p>	<p>6 <u>BREAKFAST:</u> Muffin, Yogurt <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, California Mix, Fruit</p>
<p>9 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Pinto Beans, Cole Slaw, Fruit</p>	<p>10 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Peppers/ Cucumber/Celery w/ Dip, Fruit</p>	<p>11 <u>BREAKFAST:</u> Egg, Biscuit <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap (L,T,M), French Fries, R/O Veggie Cup w/ Ranch, Fruit</p>	<p>12 PUPIL HOLIDAY NO SCHOOL Parent-Teacher Conferences 1:00-4:00, 4:30-7:00</p>	<p>13 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich, Scalloped Potatoes, Broccoli, Raspberry Sherbet, Fruit</p>
<p>16 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Fruit</p>	<p>17 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich, Sweet Potato Puffs, Green Beans, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Muffin, Yogurt <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice, R/O Veggie Cup w/ Dip, California Mix, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Sausage, Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Corn, Fruit Choice</p>	<p>20 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken on Bun, Baked Potato, Spinach, Choice of Fruit</p>
<p>23 <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Carrots, Corn, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M,C,M,K), French Fries, Broccoli, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Cereal, Toast <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> Sausage, Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, R/O Veggie Cup / Ranch Dip, Choice of Fruit</p>

All breakfasts are served with a choice of fruit and 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.

BCHS will offer additional choices at Breakfast.

USDA is an equal opportunity provider and employer.

BREAKFAST

Grades K-2... A complete breakfast includes 1 oz. eq. grain, 1 cup fruit - to include ½ cup juice and ½ cup fruit piece(s), 1 cup milk, some days an additional item - 1 oz. eq. (grain or optional M/MA). All items offered must be taken.

Grades 3-12...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/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, 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 2-12...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.