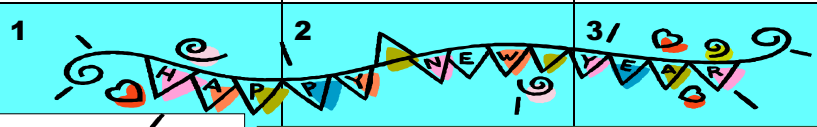


# Bath County Public Schools JANUARY 2014 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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.</p>				
<p><b>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</b></p>		<div style="background-color: #90EE90; padding: 10px; border: 1px solid black;"> <p style="font-size: 1.2em; margin: 0;">January 1-3, 2014</p> <p style="font-size: 1.5em; margin: 0;">NEW YEAR'S HOLIDAY</p> <p style="font-size: 1.2em; margin: 0;">** SCHOOL CLOSED **</p> </div>		<p><b>3/</b></p>
<p><b>Menus are subject to change depending on prices and availability</b></p>				
<p style="font-size: 0.8em;">In accordance with Federal Law &amp; 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.</p>				
<p><b>6</b> <u>BREAKFAST:</u> Cereal, Yogurt OR Cheese Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice, Corn, Broccoli, Choice of Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Carrots w/Dip, Choice of Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Pancakes w/Syrup OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese, R/O Veggie Cup w/Dip, Choice of Fruit</p>	<p><b>9</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Yogurt, Cereal</p> <p><u>LUNCH:</u> Taco w/L,T, Salsa, Sour Cream, Cheese, Green Beans, Beets, Fruit</p>	<p><b>10</b> <u>BREAKFAST:</u> Toast, Yogurt OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Hamburger on Bun (Cheese), French Fries, California Blend, Choice of Fruit</p>
<p><b>13</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, French Fries, Cole Slaw, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Toast</p> <p><u>LUNCH:</u> Corn Dog, Baked Beans, Carrots w/Lite Dressing, Choice of Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Egg, Biscuit OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p><b>16</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Lil Smokies</p> <p><u>LUNCH:</u> Spaghetti w/Meat Sauce, Broccoli, Tossed Salad, Breadstick, Fruit</p>	<p><b>17</b> <u>BREAKFAST:</u> Muffin, Scrambled Egg</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup w/Lite Dressing, Choice of Fruit <b>EARLY RELEASE</b></p>
<p><b>20</b> <b>PUPIL HOLIDAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>21</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Baked Beans, Mini Carrots w/ Lite Ranch, Roll, Fruit</p>	<p><b>22</b> <u>BREAKFAST:</u> Pancakes w/Syrup OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Turkey, Gravy, Mashed Potatoes, Broccoli, Sliced Bread, Fruit</p>	<p><b>23</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Biscuit</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese, Tossed Salad, Choice of Fruit</p>	<p><b>24</b> <u>BREAKFAST:</u> Biscuit, Lil Smokies OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Cole Slaw, R/O Veggie Cup, Roll, Choice of Fruit</p>
<p><b>27</b> <u>BREAKFAST:</u> Cereal, Yogurt OR Cheese Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/O/C), Navy Beans, Cole Slaw, Choice of Fruit</p>	<p><b>28</b> <u>BREAKFAST:</u> Breakfast Pizza OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita, Spanish Rice, Black Beans, Beets, Fruit</p>	<p><b>29</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (M/O/C), Scalloped Potatoes, Broccoli, Choice of Fruit</p>	<p><b>30</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie w/Lite Ranch, Choice of Fruit</p>	<p><b>31</b> <u>BREAKFAST:</u> Biscuit w/Egg OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Cheese, Sweet Potato Fries, Peppers, Cucumbers, Celery w/ Dip, Choice of Fruit</p>
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>				