

# Bath County Public Schools JANUARY 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> <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.</p> <p>Menus are subject to change depending on prices and availability of food items.</p> <p>USDA is an equal opportunity provider and employer.</p>			<b>1</b>	<b>2</b>
<p><b>January 1-2, 2015 NEW YEAR'S HOLIDAY ** SCHOOL CLOSED **</b></p>				
<p><b>5</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Pork Riblet on Bun, Macaroni &amp; Cheese, Broccoli, Carrots, Choice of Fruits</p>	<p><b>6</b> <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Popcorn Chicken, Sweet Potato Rounds, Peas, Roll, Choice of Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> Cereal, Toast OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Corn Dogs, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Sausage Patty, Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich (L/T), French Fries, R/O Veggie Cup w/ Dressing, Choice of Fruit</p>	<p><b>9</b> <u>BREAKFAST:</u> Egg Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak/ Gravy, Mashed Potatoes, Green Beans, Roll, Choice of Fruit</p>
<p><b>12</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken on Bun, Baked Potato, Spinach, Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Cheese Toast OR Yogurt, Graham Cracker</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Celery/ Carrot Sticks w/ Dip, Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Salad, Breadstick, Fruit</p>	<p><b>16</b> <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup w/Lite Dressing, Fruit</p> <p style="text-align: center; color: red;"><b>EARLY RELEASE 12:30 PM</b></p>
<p><b>19</b> <b>PUPIL HOLIDAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>20</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Fajita, Rice Pilaf, R/O Veggie Cup, Corn, Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> French Toast Sticks OR Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> <i>Meal Planned by MES 4th Grade</i> Popcorn Chicken, Baked Potato, Broccoli/ Cauliflower Salad, Roll, Pineapple/Mandarin Orange Salad</p>	<p><b>22</b> <u>BREAKFAST:</u> Sausage Biscuit, OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Fruit</p>	<p><b>23</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun / Cheese Slice, Sweet Potato Tots, Green Beans, Fruit</p>
<p><b>26</b> <u>BREAKFAST:</u> Cereal, Yogurt OR Cheese Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Mix, Fruit</p>	<p><b>27</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Macaroni-Ham-Cheese, Broccoli, R/O Veggie Cup, Roll, Fruit</p>	<p><b>28</b> <u>BREAKFAST:</u> Bagel-Cream Cheese OR Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Tossed Salad, Fruit</p>	<p><b>29</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Fruit</p>	<p><b>30</b> <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich, Sweet Potato Rounds, Peas, Fruit</p>

### 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.