

Bath County Public Schools JANUARY 2017 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 NEW YEAR'S HOLIDAY SCHOOL CLOSED	3 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Yogurt <u>LUNCH:</u> Mini Corn Dogs, Scalloped Potatoes, California Blend, Choice of Fruit	4 <u>BREAKFAST:</u> Mini Pancakes <i>OR</i> Cereal, Yogurt <u>LUNCH:</u> Chicken on Bun, Sweet Potato Tots, R/O Veggie Cup/ Hummus, Tossed Salad, Choice of Fruit	5 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Graham Crackers <u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit	6 <u>BREAKFAST:</u> Ultimate Breakfast Round <i>OR</i> Cereal, Graham Crackers <u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, Tossed Salad, Roll Choice of Fruit
9 <u>BREAKFAST:</u> Parfait <i>OR</i> Cereal, Toast <u>LUNCH:</u> Cheeseburger on Bun (L,T,M), Baked Potato, Green Beans, Tossed Salad, Choice of Fruit	10 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Cinnamon Crisp <u>LUNCH:</u> Taco, Black Beans, Carrots, Tossed Salad, Choice of Fruit	11 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Yogurt <u>LUNCH:</u> Fajita, Brown Rice, California Blend, R/O Veggie Cup, Tossed Salad, Choice of Fruit	12 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast <u>LUNCH:</u> Hamburger Steak/ Gravy, Mashed Potatoes, Spinach, Tossed Salad, Roll, Choice of Fruit	13 EARLY RELEASE 12:30 PM <u>BREAKFAST:</u> Egg Biscuit <i>OR</i> Cereal, Cinnamon Crisp <u>LUNCH:</u> Pizza, Broccoli, Corn, Tossed Salad, Choice of Fruit
16 PUPIL HOLIDAY NO SCHOOL	17 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Yogurt <u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit	18 <u>BREAKFAST:</u> Ult. Breakfast Round <i>OR</i> Cereal, Cinnamon Crisp <u>LUNCH:</u> Chicken Nuggets, Baked Potato, Broccoli, Tossed Salad, Roll, Choice of Fruit	19 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast <u>LUNCH:</u> Ham/Cheese on Bun (L,T,M), Sweet Potato Tots, R/O Veggie Cup, Tossed Salad, Choice of Fruit	20 <u>BREAKFAST:</u> Mini Pancakes <i>OR</i> Cereal, Toast <u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit
23 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Yogurt <u>LUNCH:</u> Turkey/Cheese Croissant (L,T,M), Scalloped Potatoes, Broccoli, Choice of Fruit	24 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast <u>LUNCH:</u> Chicken on Bun (L,T,M), Potato Tots, Spinach, Tossed Salad, Choice of Fruit	25 <u>BREAKFAST:</u> Parfait <i>OR</i> Cereal, Toast <u>LUNCH:</u> Barbeque on Bun, Navy Beans, Carrots, Tossed Salad, Choice of Fruit	26 <u>BREAKFAST:</u> Sausage Biscuit, <i>OR</i> Cereal, Cinnamon Crisp <u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup, Tossed Salad, Choice of Fruit	27 <u>BREAKFAST:</u> Egg Biscuit <i>OR</i> Cereal, Yogurt <i>Lunch Planned by MES 5th Grade</i> <u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Cabbage, Tossed Salad, Roll, Sidekick or Pineapple
30 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast <u>LUNCH:</u> Chicken, Baked Potato, R/O Veggie Cup, Tossed Salad, Choice of Fruit	31 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast <u>LUNCH:</u> Mini Corn Dogs, Corn, California Mix, Tossed Salad, Choice of Fruit	<p><u>BREAKFAST</u> Grades K-1....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.</p> <p><u>LUNCH</u> 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 K-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.</p>		

All breakfasts are served with fruit and 100% fruit juice.
 All meals are served with a choice of low-fat or fat-free milk.

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

Menus are subject to change.

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