

Bath County Public Schools JANUARY 2018 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S DAY WINTER BREAK SCHOOL CLOSED 	2 WINTER BREAK SCHOOL CLOSED	3 PUPIL HOLIDAY Teacher Workday 8:15 AM-3:30 PM 	4 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Toast <u>LUNCH</u> Pizza, Corn, Tossed Salad, Choice of Sidekick or Fruit	5 <u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Egg, Toast <u>LUNCH</u> Mini Corn Dogs, Baked Beans, California Blend, Tossed Salad, Choice of Fruit
8 <u>BREAKFAST</u> Egg Biscuit <u>OR</u> Cereal, Toast <u>LUNCH</u> Chicken Nuggets, French Fries Green Beans, Tossed Salad, Choice of Fruit	9 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps <u>LUNCH</u> Sloppy Joe on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit	10 <u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Cereal, Toast <u>LUNCH</u> Grilled Cheese Sandwich, Tomato Soup, Crackers, Broccoli w/ Ranch Dressing, Tossed Salad, Choice of Fruit	11 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Graham Crackers <u>LUNCH</u> Mozzarella Cheese Sticks, Marinara Sauce, Corn, Broccoli, Biscuit, Spinach Salad, Choice of Fruit	12 <u>BREAKFAST</u> Blueberry Muffin <u>OR</u> Cereal, Toast <u>LUNCH</u> Ham/Cheese Croissant (L/T), Sweet Potato Wedges, Peas, Caesar Salad, Choice of Fruit
15 PUPIL HOLIDAY Teacher Workday 8:15 AM-3:30 PM 	16 <u>BREAKFAST</u> Pancakes <u>OR</u> Cereal, Toast <u>LUNCH</u> Salisbury Steak w/ Gravy, Mashed Potatoes, Green Beans, Bread, Tossed Salad, Choice of Fruit	17 <u>BREAKFAST</u> French Toast Sticks <u>OR</u> Cereal, Toast <u>LUNCH</u> Spaghetti w/ Meat Sauce, Broccoli, Spinach Salad, Breadstick, Choice of Fruit	18 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast <u>LUNCH</u> Chicken Patty on Bun (L/T), R/O Veggie Cup, Navy Beans, Tossed Salad, Choice of Sidekick or Fruit	19 <u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Yogurt, Cinnamon Crisps <u>LUNCH</u> Fish, Macaroni & Cheese, Cole Slaw, Side Salad, Roll, Choice of Fruit
22 <u>BREAKFAST</u> Cini Mini <u>OR</u> Cereal, Graham Crackers <u>LUNCH</u> Pizza, Carrots, Peas, Tossed Salad, Choice of Fruit	23 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Toast <u>LUNCH</u> Barbeque on Bun, Baked Potato, Cole Slaw, Tossed Salad, Choice of Fruit	24 <u>BREAKFAST</u> Parfait <u>OR</u> Cereal, Graham Crackers <u>LUNCH</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Spinach Salad, Sliced Bread Choice of Fruit	25 <u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast <u>LUNCH</u> Grilled Cheese Sandwich, Veggie Soup, Crackers, Broccoli w/ Ranch Dressing, Tossed Salad, Choice of Fruit	26 <u>BREAKFAST</u> Pancakes <u>OR</u> Yogurt, Graham Crackers <u>LUNCH</u> Hot Dog on Bun, Baked Beans, Carrot Sticks, Tossed Salad, Choice of Fruit
29 <u>BREAKFAST</u> Cini Mini <u>OR</u> Yogurt, Graham Crackers <u>LUNCH</u> Hamburger on Bun (L/T), French Fries, R/O Veggie Cup, Tossed Salad, Choice of Fruit	30 <u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps <u>LUNCH</u> Taco Salad w/ Salsa, Corn, Tossed Salad, Choice of Fruit	31 <u>BREAKFAST</u> Muffin <u>OR</u> Yogurt, Toast <u>LUNCH</u> Chicken Strips, Tomato Soup, Crackers, Green Beans, Tossed Salad, Choice of Fruit	<p>Grades K-12 COMPLETE BREAKFAST: Each student must be offered: 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). Each student must select: At least three of the four food items offered, 1 selection must be at least a ½ cup of fruit.</p> <p>Grades K-8 COMPLETE LUNCH: Each student must be offered: 1-2 oz. eq. meat/meat alternate item (9-10 oz. over the course of the week), 1-2 oz. eq. grain item (8-10 oz. over the course of the week), ½ cup fruit, ¾ cup vegetables, 1 cup of low-fat or fat-free milk. Each student must select: At least three of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p> <p>Grades 9-12 COMPLETE LUNCH: Each student must be offered: 2 oz. eq. meat/meat alternate item (10-12oz. over the course of the week), 2 oz. eq. grain item (10-12 oz. over the course of the week), 1 cup fruit, 1 cup vegetables, 1 cup of low-fat or fat-free milk. Each student must select: At least three of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p>	

USDA is an equal opportunity provider and employer.

MEAL PRICES	
Breakfast:	
Grades PK-5: \$.90	reduced \$.0
Grades 6-12: \$1.15	reduced \$.0
Adult: \$1.50	
Lunch:	
Grades PK-5: \$1.65	reduced \$.0
Grades 6-12: \$1.90	reduced \$.0
Adult: \$3.00	

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

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

MES offers an alternative lunch entrée.

All breakfasts are served with fruit and 100% fruit juice.

All meals are served with a choice of low-fat or fat-free milk. (White, Chocolate, Strawberry)