

# Bath County Public Schools JUNE 2013 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Cheese Toast</p> <p><u>LUNCH:</u> Chicken Salad, Carrots, Navy Beans, Roll, Graham Crackers, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Blueberry Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Macaroni &amp; Cheese w/ Ham, Brussel Sprouts, Tossed Salad, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Pancake on a Stick</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Fruit</p>	<p><b>4</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Egg, Cheese Omelet</p> <p><u>LUNCH:</u> Corn Dog, Sweet Potato Fries, Broccoli, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Beef Burrito, Corn on Cob, Carrot Sticks, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Chicken Salad, Carrots w/ Dip, Cucumbers &amp; Tomatoes, Roll, Fruit</p>	<p><b>5</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Burrito</p> <p><u>LUNCH:</u> Ham &amp; Cheese Sandwich, French Fries, Tossed Salad, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Scrambled Egg, Toast</p> <p><u>LUNCH:</u> Chicken, Sweet Potato Puffs, Peas, Roll, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Ham &amp; Cheese Wrap, Potato Wedges, Peas, Fruit</p>	<p><b>6</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Chicken Nuggets, Baked Beans, Veggie Cup, Roll, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Vegetable Quasadilla, Scalloped Potatoes, Broccoli, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Sausage Gravy, Biscuit</p> <p><u>LUNCH:</u> Fish, Sweet Potato Wedges, Veggie Cup, Roll, Fruit</p>	<p><b>7</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Cinnamon Toast</p> <p><u>LUNCH:</u> Fish, Brussel Sprouts, Macaroni Salad, Veggie Cup, Roll, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Breakfast on a Stick or Egg &amp; Cheese Omelet</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Omelet</p> <p><u>LUNCH:</u> Beef, Macaroni &amp; Cheese, Broccoli, Green Beans, Peach Cup</p>
<p><b>10</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Cheese Toast</p> <p><u>LUNCH:</u> Turkey &amp; Cheese Wrap, Sweet Potato Puffs, Mixed Vegetables, Fruit, Graham Crackers</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Egg or Cheese Biscuit</p> <p><u>LUNCH:</u> Cheeseburger on Bun, Oven Fry Potatoes, Red Veggie Cup, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> Chicken &amp; Noodle Bake, Carrots, Spinach, Fruit, Cookie</p>	<p><b>11</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> French Toast Sticks</p> <p><u>LUNCH:</u> McRib, Mashed Potatoes, Peas, Roll, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Bean Burrito (L,T), Corn, Carrot Stick, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Mini Corn Dogs, Potato Wedges, Veggie (Manager's Choice), Fruit</p>	<p><b>12</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Breakfast on a Stick</p> <p><u>LUNCH:</u> Grilled Cheese, Spinach, Potato Salad, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Breakfast Burrito</p> <p><u>LUNCH:</u> Meatloaf, Mashed Potatoes, Green Beans, Roll, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Breakfast Burrito</p> <p><u>LUNCH:</u> Popcorn Chicken, Sweet Potatoes, Broccoli, Peach Cup, Cookie</p>	<p><b>13</b></p> <p style="text-align: center;"><b>BCHS</b></p> <p><u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, Edamame, Fruit</p> <p style="text-align: center;"><b>MES</b></p> <p><u>BREAKFAST:</u> Sausage Biscuit</p> <p><u>LUNCH:</u> Pizza, Broccoli, Tossed Salad, Choice of Fruit</p> <p style="text-align: center;"><b>VES</b></p> <p><u>BREAKFAST:</u> Pancake on a Stick</p> <p><u>LUNCH:</u> Pizza, Corn, Carrots w/ Dip, Fruit</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>BCHS offers a daily salad bar that includes all the components of a reimbursable meal.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <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> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Menus are subject to change depending on prices &amp; availability of food items.</p> </div> <p>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>

Gr. 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, ½ pint of low-fat or fat-free milk

Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.

Gr. 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.

Gr. 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.