

Bath County Public Schools JUNE 2014 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>BREAKFAST:</u> Cereal & Yogurt <i>OR</i> Ultimate Breakfast Round</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Chicken Tenders, Scalloped Potatoes, Broccoli, Roll, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/O), Sweet Potatoes, Cauliflower, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Chicken Nuggets, Corn, R/O Veggie Cup, Roll, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Pancakes <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Hot Ham & Cheese Sandwich, Sweet Potato Wedges, Kidney Beans, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Beef Shepherds Pie, Peas, Tossed Salad, Roll, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Beef Barbeque on Bun, Tator Tots, Cole Slaw, Fruit</p>	<p>4 <u>BREAKFAST:</u> Bagel w/ Cream Cheese <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Pizza, Tossed Salad, Corn, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Chicken Salad, Green Beans, R/O Veggie Cup w/ Lite Dip, Crackers, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Black Bean Salsa, California Blend, Fruit</p>	<p>5 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Taco Salad w/ L/T/ Salsa, Sour Cream, Black Beans, Carrots w/ Lite Ranch, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Taco Salad w/ L/T/ Salsa/Sour Cream, Vegetarian Beans, Broccoli Florets, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Taco Salad w/ L/T/ Salsa/Sour Cream, Sweet Tator Tots, Carrots w/ Lite Ranch, Fruit</p>	<p>6 <u>BREAKFAST:</u> French Toast <i>OR</i> Cereal, Yogurt</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Beef/Cheese Sandwich (L/T/O), Sweet Potato Puffs, Beets, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Cole Slaw, Roll, Choice of Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, Tomato Juice, Roll, Choice of Fruit</p>
<p>9 <u>BREAKFAST:</u> Cheese Toast <i>OR</i> Cereal, Yogurt</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Chicken Patty on Bun, French Fries, Spinach, Choice of Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Peanut Butter & Jelly Sandwich, French Fries, Green Beans, Tomato Juice, Choice of Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/O), Baked Beans, Romaine Lettuce Salad, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Pancake on a Stick <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Turkey & Cheese Sandwich, Potato Salad, Brussels Sprouts, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, R/O Veggie Cup w/ Lite Ranch, Sliced Bread, Choice of Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Corn, Broccoli, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Ultimate Breakfast Round <i>OR</i> Cereal, Yogurt</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Carrots w/ Lite Ranch, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Sloppy Joe on Roll, Baked Beans, Cole Slaw, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Sloppy Joe on Roll, Scalloped Potatoes, Cole Slaw, Fruit</p>	<p>12 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Beef & Cheese Sandwich, Pinto Beans, California Mix, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Chicken Fajita, Corn, Broccoli Florets, Fruit</p> <p style="text-align: center;">VES</p> <p><u>BREAKFAST:</u> (Bagged) Ultimate Breakfast Round, Milk, Juice</p> <p><u>LUNCH:</u> (Bagged) String Cheese, Red Peppers & Carrots, Apple Slices in Bag, Sun Chips, Cookie</p>	<p>13 <u>BREAKFAST:</u> Bagel w/ Cream Cheese <i>OR</i> Cereal, Toast</p> <p style="text-align: center;">BCHS</p> <p><u>LUNCH:</u> Pizza, Carrots, Salad, Fruit</p> <p style="text-align: center;">MES</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Sweet Potato Tots, Salad, Fruit</p> <p style="text-align: center;">VES</p> <p><u>LUNCH:</u> Pizza, Peas, Salad, Fruit</p>

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

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

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.

A complete breakfast consists of at least 1 grain, 1 fruit & 1 milk serving. 1 protein serving may be included in breakfast in addition to the grain serving.

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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 items (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 meal, there HAS TO BE ½ cup of a fruit or vegetable on the tray.