

Bath County Public Schools JUNE 2015 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p><u>BCHS</u> BREAKFAST: Pancakes, Syrup OR Ultimate Breakfast Round</p> <p>LUNCH: Hot Ham/Cheese Sandwich, Sweet Potato Puffs, Black Bean Salad, Choice of Fruit</p> <p><u>MES</u> BREAKFAST: French Toast Sticks OR Cereal, Toast</p> <p>LUNCH: Chicken Fajita, Potato Rounds, Broccoli, Choice of Fruit</p> <p><u>VES</u> BREAKFAST: Pancakes, Syrup OR Cereal, Toast</p> <p>LUNCH: Ham/Cheese Sandwich (L,T,M), Baked Beans, Tossed Salad, Choice of Fruit</p>	<p>2</p> <p><u>BCHS</u> BREAKFAST: Breakfast Pizza OR Yogurt, Toast</p> <p>LUNCH: Cheeseburger on Bun (L,T,M), French Fries, Green Beans, Choice of Fruit</p> <p><u>MES</u> BREAKFAST: Breakfast Pizza OR Cereal, Toast</p> <p>LUNCH: Sloppy Joe on Bun, Sweet Potato Fries, Cole Slaw, Choice of Fruit</p> <p><u>VES</u> BREAKFAST: Breakfast Pizza OR Ultimate Breakfast Round</p> <p>LUNCH: Hamburger on Bun, Baked Potato, Broccoli, Choice of Fruit</p>	<p>3</p> <p><u>BCHS</u> BREAKFAST: Cereal, Yogurt OR Ultimate Breakfast Round</p> <p>LUNCH: Chicken Tenders, Baked Potato, Brussel Sprouts, Roll, Choice of Fruit</p> <p><u>MES</u> BREAKFAST: Egg Pattie, Biscuit OR Cereal, Toast</p> <p>LUNCH: Chicken, Macaroni & Cheese, Green Beans, Tossed Salad, Roll, Choice of Fruit</p> <p><u>VES</u> BREAKFAST: Egg, Biscuit OR Cereal, Yogurt</p> <p>LUNCH: Taco Salad, Corn, Black Beans, Choice of Fruit</p>	<p>4</p> <p><u>BCHS</u> BREAKFAST: Sausage Biscuit OR Yogurt, Graham Crackers</p> <p>LUNCH: Roast Beef Sandwich (L,T,M), Spinach, Macaroni Salad, R/O Veggie Cup w/ Ranch, Choice of Fruit</p> <p><u>MES</u> BREAKFAST: Sausage Biscuit OR Cereal, Toast</p> <p>LUNCH: Hamburger on Bun (L,T,M), Baked Beans, Cauliflower, Choice of Fruit</p> <p><u>VES</u> BREAKFAST: Sausage Biscuit OR Cereal, Toast/ Yogurt</p> <p>LUNCH: Mozzarella Cheese Sticks w/ Marinara Sauce, Sweet Potato Puffs, R/O Veggie Cup w/ Ranch, Graham Crackers, Choice of Fruit</p>	<p>5</p> <p><u>BCHS</u> BREAKFAST: Bagel, Cream Cheese OR Cereal, Toast</p> <p>LUNCH: Pizza, Corn, Broccoli, Choice of Fruit</p> <p><u>MES</u> BREAKFAST: French Toast Sticks OR Cereal, Toast</p> <p>LUNCH: Pizza, Corn, R/O Veggies w/ Ranch, Choice of Fruit</p> <p><u>VES</u> BREAKFAST: Pancakes, Syrup OR Cereal, Graham Crackers</p> <p>LUNCH: Pizza, Lima Beans, Tossed Salad, Choice of Fruit</p>
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A prepared tossed salad will be offered daily as a vegetable choice in the schools.

BCHS will offer additional choices at Breakfast.

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

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.



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/M). 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/M). 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 3-12...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.

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.