

Bath County Public Schools JUNE 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>All breakfasts are served with a fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p> <p>Menus are subject to change depending on prices and availability of food items.</p> <p>*Elementary schools will offer cheese sticks as an entrée choice.</p>		<p>1 <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, French Fries, Broccoli, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> Sausage Biscuit, OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburgers on Bun (Cheese/L/T/M/O/P), Peppers/Carrots/ Broccoli/Cucumbers w/ Lite Ranch, Chips, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Mini Pancakes OR Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Pizza, Corn, Tossed Salad, Choice of Fruit</p>

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

BCHS will offer additional choices at Breakfast.

<u>BREAKFAST</u>
Grades K-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/MA). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.
<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.

