

Bath County Public Schools MARCH 2013 Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Gr. 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, 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, ¼ 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.

1
BREAKFAST:
 Cereal, Muffin

LUNCH:
 Vegetable Soup, Grilled Cheese Sandwich, Veggie Cup, Choice of Fruit
OR Salad Bar @ BCHS

National School Breakfast Week “Be a Star with School Breakfast”

<p>4 <u>BREAKFAST:</u> French Toast Sticks <u>LUNCH:</u> Corn Dog, Scalloped Potatoes, Veggie Cup, Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>5 <u>BREAKFAST:</u> Breakfast Pizza <u>LUNCH:</u> Hamburger on Bun (L/T/M), Pinto Beans, Cole Slaw, Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>6 <u>BREAKFAST:</u> Scrambled Egg, Biscuit <u>LUNCH:</u> Taco Salad w/ Nachos, Corn, Black Beans, Rice Pilaf (Gr. 9-12), Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>7 <u>BREAKFAST:</u> Sausage Biscuit, Gravy <u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>8 <u>BREAKFAST:</u> Lil Smokies, Blueberry Muffin <u>LUNCH:</u> Chicken Pattie on Bun, Sweet Potato Fries, Broccoli, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>
<p>11 <u>BREAKFAST:</u> Cereal, Toast <u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>12 <u>BREAKFAST:</u> Breakfast Pizza <u>LUNCH:</u> Turkey Gravy, Mashed Potatoes, Green Beans, Bread Slice, Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>13 <u>BREAKFAST:</u> Bagel, Cream Cheese <u>LUNCH:</u> Chicken Fajita, Corn, Red Veggie Cup w/ Lite Ranch Dip, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>14 <u>BREAKFAST:</u> Sausage Biscuit, Gravy <u>LUNCH:</u> Pizza for “Pi” Day Broccoli Tossed Salad Choice of Fruits <u>OR</u> Salad Bar @ BCHS</p>	<p>15 <u>BREAKFAST:</u> Pancakes, Lite Syrup <u>LUNCH:</u> Fish, French Fries, Carrots, Roll, Fruit <u>OR</u> Salad Bar @ BCHS</p>
<p>18 <u>BREAKFAST:</u> Cereal, Muffin <u>LUNCH:</u> Chicken, Baked Beans, Broccoli, Roll Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>19 <u>BREAKFAST:</u> Breakfast Pizza <u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Carrots w/ Dip, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>20 <u>BREAKFAST:</u> French Toast Sticks <u>LUNCH:</u> Turkey/Cheese Wrap w/ Lettuce & Tomato, Sweet Potato Fries, Green Beans, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>21 <u>BREAKFAST:</u> Sausage Biscuit, Gravy <u>LUNCH:</u> Student’s Choice Menu chosen by a class in individual Schools <u>OR</u> Salad Bar @ BCHS</p>	<p>22 <u>BREAKFAST:</u> Egg, Biscuit <u>LUNCH:</u> Hot Dog on Bun, Scalloped Potatoes, Cole Slaw, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>
<p>25 <u>BREAKFAST:</u> Cereal, Toast <u>LUNCH:</u> Chicken Pattie on Bun Baked Potato Spinach Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>26 <u>BREAKFAST:</u> Breakfast Pizza <u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Veggie Cup w/ Lite Ranch Dip Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>27 <u>BREAKFAST:</u> Pancakes, Lite Syrup <u>LUNCH:</u> Ham, Potato Salad, Green Beans, Roll, Orange Sherbet <u>OR</u> Salad Bar @ BCHS</p>	<p>28 <u>BREAKFAST:</u> Sausage Biscuit, Gravy <u>LUNCH:</u> Stuffed Crust Pizza, Corn, Tossed Salad, Choice of Fruit <u>OR</u> Salad Bar @ BCHS</p>	<p>29 <u>SCHOOL</u> <u>CLOSED</u> <u>SPRING</u> <u>BREAK</u></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.

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

BCHS offers a salad bar that includes all the components of a reimbursable meal.