

# Bath County Public Schools MARCH 2014 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>NATIONAL SCHOOL BREAKFAST WEEK - "TAKE TIME FOR SCHOOL BREAKFAST"</b>					
<b>3</b> <u>BREAKFAST:</u> Tick Tock French Toast Sticks <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Barbeque on Bun, Baked Beans, Sweet Potato Rounds, Choice of Fruit	<b>4</b> <u>BREAKFAST:</u> Round the Clock Pizza <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit	<b>5</b> <u>BREAKFAST:</u> Back to the Future Bagel w/ Cream Cheese <i>OR</i> Cereal, Yogurt  <u>LUNCH:</u> Chicken Fajita Wrap, Corn, Broccoli, Choice of Fruit	<b>6</b> <u>BREAKFAST:</u> Stop Watch Sausage Biscuit, Gravy <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Ham & Cheese on Bun (L/T/M), California Mixed Vegetables, Pinto Beans, Choice of Fruit	<b>7</b> <u>BREAKFAST:</u> Pendulum Pancakes (Syrup Optional) <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Fish, Macaroni & Cheese, Cole Slaw, R/O Veggie Cup, Roll, Choice of Fruit	
<b>10</b> <u>BREAKFAST:</u> Muffin, Scrambled Egg <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Pizza, Lima Beans, Carrots/Dip, Choice of Fruit	<b>11</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Taco Salad w/ Lettuce, Tomato, Cheese, Salsa, Sour Cream, Steamed Broccoli, R/O Veggie Cup/Dressing, Choice of Fruit	<b>12</b> <u>BREAKFAST:</u> Lil Smokies, Biscuit <i>OR</i> Cereal, Yogurt  <u>LUNCH:</u> Hamburger Patty on Bun (L/T/M), Sweet Potato Fries, Green Beans, Choice of Fruit	<b>13</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Chicken, Scalloped Potatoes, Beets, Choice of Fruit	<b>14</b> <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Corn Dog, Baked Beans, Cole Slaw, Choice of Fruit	
<b>17</b> <u>BREAKFAST:</u> Biscuit w/ Scrambled Egg <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, Roll, Lime Sherbet	<b>18</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Spinach Salad, Choice of Fruit	<b>19</b> <u>BREAKFAST:</u> Pancakes, Syrup <i>OR</i> Cereal, Yogurt  <u>LUNCH:</u> Chicken Patty on Bun (L/T/M), Potato Rounds, R/O Veggies/Dip, Choice of Fruit	<b>20</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Carrots/Dip, Choice of Fruit	<b>21</b> <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Turkey, Gravy, Mashed Potatoes, Broccoli, Sliced Bread, Choice of Fruit	
<b>24</b> <u>BREAKFAST:</u> Ultimate Breakfast Round <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Hamburger on Bun (L/T/M), Scalloped Potatoes, Broccoli, Choice of Fruit	<b>25</b> <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Spaghetti w/ Meat Sauce, Spinach, Tossed Salad, Breadstick, Choice of Fruit	<b>26</b> <u>BREAKFAST:</u> French Toast Sticks, <i>OR</i> Cereal, Yogurt  <u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit	<b>27</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Chicken Fajita Wrap, Sweet Potato Tots, Green Beans, Choice of Fruit	<b>28</b> <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast  <u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup/Dip, Choice of Fruit	
<b>31 PUPIL HOLIDAY NO SCHOOL</b>  Teacher Workday/ In-service 8:15 AM - 3:30 PM	<p><b>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.</b></p>			<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>	
<p><b>Grades K-5</b> 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.</p> <p><b>Grades 6-8</b> 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.</p> <p><b>Grades 9-12</b> 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.</p> <p><b>Grades 2-12</b> 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.</p>					

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

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