

Bath County Public Schools MARCH 2015 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>2 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Chicken on Bun, Baked Potato, Spinach, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Bagel, Cream Cheese, OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Carrots, Corn, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun, French Fries, Broccoli, Choice of Fruit</p>	<p>6 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, R/O Veggie Cup w/ Ranch Dip, Breadstick, Choice of Fruit</p>

National School Breakfast Week, March 2-6, 2015 "Make the Grade with School Breakfast"

<p>9</p> <p>PUPIL HOLIDAY</p> <p>Teacher In-service 8:15 AM - 3:30 PM</p>	<p>10 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Cinnamon Bun OR Cereal, Toast</p> <p><u>LUNCH:</u> Chili Con Carne, Cole Slaw, Spinach, Corn Bread, Choice of Fruit</p>	<p>12 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Brown Rice, Refried Beans, R/O Veggie Cup w/ Ranch, Choice of Fruit</p>	<p>13 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Pinto Beans, California Mix, Choice of Fruit</p>
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<p>16 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Tossed Salad, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak, Mashed Potatoes, Gravy, Green Beans, Roll, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Cheese Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Wrap, Sweet Potato Rounds, R/O Veggie Cup w/ Ranch Dip, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, California Mix, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Broccoli, Cole Slaw, Roll, Choice of Fruit</p>
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<p>23 <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Succotash, Tossed Salad, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Corn, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Cinnamon Roll OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap, Sweet Potato Puffs, R/O Veggie Cup w/ Ranch Dip, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M,C,M,K), French Fries, Spinach, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Nuggets, Mashed Potatoes, Cole Slaw, Roll, Choice of Fruit</p>
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<p>30 <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Popcorn Chicken, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	<p>31 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, R/O Veggie Cup w/ Ranch Dip, Choice of Fruit</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>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/MA). All items offered must be taken.</p> <p>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/MA). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Grades K-5... A complete lunch is 1 protein (8-9 oz. weekly), 1 grain item (8-9 oz. weekly), ½ cup fruit, ¾ cup vegetables, and ½ pint of low-fat or fat-free milk.</p> <p>Grades 6-8... A complete lunch is 1 protein item (9-10 oz. weekly), 1 grain item (8-10 oz. weekly), ½ cup fruit, ¾ 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>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.</p> <p>Grades 2-12...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.</p>		
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A prepared tossed salad will be offered daily as a vegetable choice in the schools.

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.

BCHS will offer additional choices at Breakfast.

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

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