

Bath County Public Schools MARCH 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Menus are subject to change depending on prices and availability of food items.</p> <p>BCHS will offer additional choices at Breakfast.</p> <p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p>	<p>1 <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>2 <u>BREAKFAST:</u> Bagel, Cream Cheese, OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Carrots, Corn, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun, French Fries, Broccoli, Choice of Fruit</p>	<p>4 <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>
<p>7 <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p>8 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Ham & Cheese Sandwich, Sweet Potato Puffs, Spinach Salad, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Cini Minis OR Cereal, Toast</p> <p><u>LUNCH:</u> Chili Con Carne*, Cole Slaw, Broccoli, Corn Bread, Choice of Fruit</p>	<p>10 <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>11 <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>
<p>National School Breakfast Week, March 7-11, 2016 "Wake Up to School Breakfast"</p>				
<p>14 <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>15 <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>16 <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>17 <u>BREAKFAST:</u> Sausage, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, California Mix, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish*, Macaroni & Cheese, Broccoli, Cole Slaw, Roll, Choice of Fruit</p>
<p>21 <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Succotash, Tossed Salad, Choice of Fruit</p>	<p>22 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, Corn, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Mini Pancakes 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>24 <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 EARLY RELEASE 12:30</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">SPRING BREAK</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">SCHOOL CLOSED</p>
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BREAKFAST

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.

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 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.