

Bath County Public Schools MARCH 2017 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Menus are subject to change.</p> <p style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">All breakfasts are served with fruit and 100% fruit juice. All meals are served with a choice of low-fat or fat-free milk.</p> <p style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">MARCH - NUTRITION MONTH</p>	<p style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">A prepared garden salad will be offered daily as a vegetable choice in the schools.</p> <p style="border: 1px solid black; padding: 2px;">MES offers an alternative lunch entrée.</p>	<p>1 <u>BREAKFAST:</u> Chicken Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Meatballs w/ Gravy, Mashed Potatoes, Green Beans, Salad, Roll, Fruit</p>	<p>2 <u>BREAKFAST:</u> Sausage Biscuit OR Toast, Cereal</p> <p><u>LUNCH:</u> Pizza, Peas, Tossed Salad, Sunset Sip or V8 Juice, Fruit</p>	<p>3 <u>BREAKFAST:</u> Blueberry Muffin OR Yogurt, Toast</p> <p><u>LUNCH:</u> Chicken Tenders, Macaroni Salad, Navy Beans, Broccoli, Tossed Salad, Fruit</p>
<p>6 <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Tomato Soup, Crackers, Cheese Quasadilla, Vegetable Cup, Ceasar Salad, Choice of Fruit</p>	<p>7 <u>BREAKFAST:</u> Breakfast Pizza OR Parfait</p> <p><u>LUNCH:</u> Taco Salad (Lettuce, Tomato, Salsa), Black Beans, Cucumber, Sidekick or Fresh Fruit</p>	<p>8 <u>BREAKFAST:</u> Lil Smokies, Toast OR Cereal, Toast</p> <p><u>LUNCH:</u> Jamwich (PB & J), Corn on the Cob, Tossed Salad, Carrot Sticks, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Sausage Biscuit OR Yogurt, Cinnamon Crisp</p> <p><u>LUNCH:</u> Drumstick, Pinto Beans, Cabbage, Tossed Salad, Roll, Fruit</p>	<p>10 <u>BREAKFAST:</u> Bagel OR Yogurt, Toast</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Tossed Salad, Fruit, Milk</p>
<p>National School Breakfast Week, March 6-10 "Take the School Breakfast Challenge"</p>				
<p>13 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe/Bun, Peas, Spinach Salad, Baked Apples, Fresh Fruit</p>	<p>14 <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Toast</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, French Fries, R/O Veggie Cup, Tossed Salad, Fruit</p>	<p>15 <u>BREAKFAST:</u> Cheese Omelet OR Muffin, Yogurt</p> <p><u>LUNCH:</u> Chicken Nuggets, Sweet Potatoe Fries, Spinach Salad, Tossed Salad, Biscuit, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Sausage, Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, California Blend, Tossed Salad, Fruit</p>	<p>17 <u>BREAKFAST:</u> Chicken Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Broccoli, Tossed Salad, Roll, V8 Juice, Fruit</p>
<p>20 <u>BREAKFAST:</u> PB & J on Graham Wafers OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tenders, Scalloped Potatoes, Broccoli, Tossed Salad, Roll, Fruit</p>	<p>21 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Mozzarella Cheese Sticks, Peas, Tossed Salad, Biscuit, V8 Juice, Fruit</p>	<p>22 <u>BREAKFAST:</u> Pancake on a Stick OR Cereal, Toast</p> <p><u>LUNCH:</u> Corn Dog, Baked Beans, Cole Slaw, Tossed Salad, Fruit</p>	<p>23 <u>BREAKFAST:</u> Sausage Biscuit OR Yogurt, Toast</p> <p><u>LUNCH:</u> Cheeseburger on Bun French Fries, R/O Veggie Cup, Tossed Salad, Fruit</p>	<p>24</p> <p>PUPIL HOLIDAY</p> <p>Teacher Workday/Inservice</p>
<p>27 <u>BREAKFAST:</u> Pancakes OR Yogurt, Toast</p> <p><u>LUNCH:</u> Chicken Fajita, Brown Rice, Baby Lima Beans, Tossed Salad, V8 Juice, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad (Lettuce, Tomato, Salsa), Peas, R/O Veggie Cup, Fruit</p>	<p>29 <u>BREAKFAST:</u> Bagel OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Nuggets, Corn, Broccoli, Salad, Biscuit, Fruit</p>	<p>30 <u>BREAKFAST:</u> Sausage Biscuit OR Muffin, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Tossed Salad, Fruit</p>	<p>31 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>

BREAKFAST

Grades K-1....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 MMA). 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.

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