

Bath County Public Schools **MARCH 2018** Breakfast & Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>*A prepared garden salad will be offered daily as a vegetable choice in all schools. *All schools offer an alternative lunch entrée. *All breakfasts are served with fruit and 100% fruit juice. *All meals are served with a choice of low-fat or fat-free milk. (White, Chocolate, Strawberry) *Menus are subject to change depending on prices and availability of food items.</p> <p>Grades K-12 COMPLETE BREAKFAST: Each student must be offered: 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). Each student must select: At least <u>three</u> of the four food items offered, 1 selection must be at least a ½ cup of fruit.</p> <p>Grades K-8 COMPLETE LUNCH: Each student must be offered: 1-2 oz. eq. meat/meat alternate item (9-10 oz. over the course of the week), 1-2 oz. eq. grain item (8-10 oz. over the course of the week), ½ cup fruit, ¾ cup vegetables, 1 cup of low-fat or fat-free milk. Each student must select: At least <u>three</u> of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p> <p>Grades 9-12 COMPLETE LUNCH: Each student must be offered: 2 oz. eq. meat/meat alternate item (10-12oz. over the course of the week), 2 oz. eq. grain item (10-12 oz. over the course of the week), 1 cup fruit, 1 cup vegetables, 1 cup of low-fat or fat-free milk. Each student must select: At least <u>3</u> of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.</p> | | | <p>1</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Chicken Strips, Potato Chips, Green Beans, Veggie Confetti, Tossed Salad, Choice of Fruit</p> | <p>2</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancakes <u>OR</u> Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u> Fish Sandwich, Tater Bucks, R/O Vegetable Cup, Caesar Salad, Choice of Fruit</p> |

NATIONAL SCHOOL BREAKFAST WEEK, MARCH 5-9, 2018

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| <p>5</p> <p style="text-align: center;"><u>BREAKFAST</u> Ult. Breakfast Round <u>OR</u> Raspberry Rainbow Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u> Hamburger on Bun (L/T), Potato Salad, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p> | <p>6</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Cereal, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u> Taco Salad w/ Salsa, Corn, Caesar Salad, Choice of Fruit</p> | <p>7</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Bun <u>OR</u> Strawberry Banana Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Chicken Strips, Baked Potato Boat, Green Beans, Roll, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p> | <p>8</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Blueberry Yogurt, Mini Breakfast Bar</p> <p style="text-align: center;"><u>LUNCH</u> Philly Cheese Steak on Bun, Macaroni Salad, California Blend, Tossed Salad, Choice of Fruit</p> | <p>9</p> <p style="text-align: center;"><u>BREAKFAST</u> Chicken Biscuit <u>OR</u> Strawberry Banana Muffin</p> <p style="text-align: center;"><u>LUNCH</u> Fish, Macaroni & Cheese, Cole Slaw, Roll, Caesar Salad, Choice of Fruit</p> |
| <p>12</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Bun <u>OR</u> Cherry Vanilla Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Sandwich, Veggie Soup, Crackers, Steamed Broccoli, Tossed Salad, Choice of Fruit</p> | <p>13</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u> Asian Chicken, Rice Pilaf, Stir-Fry Vegetables, Tossed Salad, R/O Veggie Cup, Choice of Fruit</p> | <p>14</p> <p style="text-align: center;"><u>BREAKFAST</u> Parfait <u>OR</u> Cereal, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u> Cheesburger on Bun (L/T), Tater Bucks, Peas, Caesar Salad, Choice of Fruit</p> | <p>15</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Pizza, Veggie Confetti, Tossed Salad, Choice of Sidekick or Fruit</p> | <p>16</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Egg, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Shamrock Chicken, French Fries, Green Beans, Tossed Salad, Choice of Fruit</p> |
| <p>19</p> <p style="text-align: center;"><u>BREAKFAST</u> Egg Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Corn Dog, Baked Beans, California Blend, Tossed Salad, Choice of Fruit</p> | <p>20</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Blueberry Yogurt, Mini Breakfast Bar</p> <p style="text-align: center;"><u>LUNCH</u> Sloppy Joe on Bun, Corn on the Cob, Cole Slaw, Tossed Salad, Choice of Fruit</p> | <p>21</p> <p style="text-align: center;"><u>BREAKFAST</u> Pancake on a Stick <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Grilled Cheese Sandwich, Baked Potato Boat, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p> | <p>22</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u> Mozzarella Cheese Sticks, Marinara Sauce, Corn, Broccoli, Biscuit, Spinach Salad, Choice of Fruit</p> | <p>23</p> <p style="text-align: center;"><u>BREAKFAST</u> Strawberry Banana Muffin <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Fish, Macaroni & Cheese, Baked Beans, Caesar Salad, Choice of Fruit</p> |
| <p>26</p> <p style="text-align: center;"><u>BREAKFAST</u> Ult. Breakfast Round <u>OR</u> Raspberry Rainbow Yogurt, Graham Crackers</p> <p style="text-align: center;"><u>LUNCH</u> Salisbury Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Tossed Salad, Choice of Fruit</p> | <p>27</p> <p style="text-align: center;"><u>BREAKFAST</u> Breakfast Pizza <u>OR</u> Yogurt, Cinnamon Crisps</p> <p style="text-align: center;"><u>LUNCH</u> Turkey/Cheese on Croissant (L/T), French Fries Baby Carrots w/ Ranch, Caesar Salad, Choice of Fruit</p> | <p>28</p> <p style="text-align: center;"><u>BREAKFAST</u> French Toast Sticks <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Spaghetti w/ Meat Sauce, Broccoli, Spinach Salad, Breadstick, Choice of Fruit</p> | <p>29</p> <p style="text-align: center;"><u>BREAKFAST</u> Sausage Biscuit <u>OR</u> Cereal, Toast</p> <p style="text-align: center;"><u>LUNCH</u> Asian Chicken, Rice Pilaf, Stir Fry Vegetables, R/O Veggie Cup, Tossed Salad, Choice of Sidekick or Fruit EARLY RELEASE 12:30 PM</p> | <p>30</p> <p style="color: red; font-weight: bold; text-decoration: underline;">SPRING BREAK SCHOOL CLOSED</p> <p style="color: black; font-weight: bold; text-align: center;">USDA is an equal opportunity provider and employer.</p> |