

# Bath County Public Schools MAY 2013 Breakfast & Lunch Menu

**MONDAY**

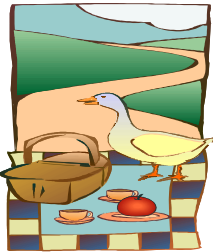
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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



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.

BCHS offers a daily salad bar that includes all the components of a reimbursable meal.

**1**  
BREAKFAST:  
Cereal, Toast  
  
LUNCH:  
Chicken Fajita Wrap, Rice Pilaf (Gr.9-12), Broccoli, Red Veggie Cup w/ Lite Ranch Dip, Choice of Fruits

**2**  
BREAKFAST:  
Sausage Biscuit, Gravy  
  
LUNCH:  
Hot Dog on Bun (M/O/K), Baked Beans, Macaroni Salad (Gr.9-12), Tossed Salad w/ Romaine, Fruit Choice

**3**  
BREAKFAST:  
Scrambled Egg, Biscuit  
  
LUNCH:  
Pizza, Corn, Veggie Cup w/ Lite Ranch Dip, Choice of Fruits

**6**  
BREAKFAST:  
Pancakes, Lite Syrup  
  
LUNCH:  
Corn Dog, Baked Beans, Cole Slaw, Fruit

**7**  
BREAKFAST:  
Breakfast Pizza  
  
LUNCH:  
Chicken Pattie on Bun, Red Veggie Cup w/ Lite Ranch Dip, Broccoli, Choice of Fruit

**8**  
BREAKFAST:  
Cereal, Toast  
  
LUNCH:  
Taco Salad w/ Nachos, Corn, Black Beans, Brown Rice (Gr.9-12), Choice of Fruit

**9**  
BREAKFAST:  
Sausage Biscuit, Gravy  
  
LUNCH:  
Turkey Gravy w/ Bread, Mashed Potatoes, Green Beans, Choice of Fruits

**10**  
BREAKFAST:  
French Toast Sticks  
  
LUNCH:  
Cheeseburger on Bun, Whipped Sweet Potatoes, Tossed Salad, Choice of Fruits

**13**  
BREAKFAST:  
Chicken Biscuit  
  
LUNCH:  
Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit

**14**  
BREAKFAST:  
Breakfast Pizza  
  
LUNCH:  
Chicken, Scalloped Potatoes, Red Veggie Cup w/ Lite Ranch Dip, Roll, Choice of Fruit

**15**  
BREAKFAST:  
Muffin, Lil Smokies  
  
LUNCH:  
Ham/Cheese Wrap (L/T/M), Succotash, Carrots w/ Lite Ranch Dip, Choice of Fruit

**16**  
BREAKFAST:  
Sausage Biscuit, Gravy  
  
LUNCH:  
Spaghetti w/ Meat Sauce, Spinach, Broccoli/Cauliflower, Breadstick, Choice of Fruits

**17**  
BREAKFAST:  
Cereal, Toast  
  
LUNCH:  
Fish Square on Bun, Baked Potato, Tossed Salad, Roll, Choice of Fruit

**20**  
BREAKFAST:  
Scrambled Egg, Toast  
  
LUNCH:  
Grilled Cheese Sandwich, Green Beans, Cole Slaw, Beets, Strawberry Cup

**21**  
BREAKFAST:  
Breakfast Pizza  
  
LUNCH:  
Chicken Tenders, Sweet Potato Tots, Red Veggie Cup w/ Lite Ranch Dip, Roll, Choice of Fruit

**22**  
BREAKFAST:  
Pancakes, Lite Syrup  
  
LUNCH:  
Pizza, Corn, Tossed Salad (Romaine), Choice of Fruits

**23**  
BREAKFAST:  
Sausage Biscuit, Gravy  
  
LUNCH:  
Student's Choice

**24**  
BREAKFAST:  
Cereal, Toast  
  
LUNCH:  
Hot Dog on Bun (M/O/C), Pinto Beans, Broccoli/Cauliflower w/ Lite Dip, Choice of Fruit

**27**  
**MEMORIAL DAY HOLIDAY**  
  
**SCHOOL CLOSED**

**28**  
BREAKFAST:  
Breakfast Pizza  
  
LUNCH:  
Cheeseburger on Bun (L/T/M), Corn, Spinach, Choice of Fruit

**29**  
BREAKFAST:  
French Toast Sticks  
  
LUNCH:  
Chicken Fajita Wrap, Black Beans, Red Veggie Cup w/ Lite Ranch Dip, Brown Rice (Gr.9-12), Choice of Fruit

**30**  
BREAKFAST:  
Sausage Biscuit, Gravy  
  
LUNCH:  
Ham/Cheese Sandwich (L/T/M), Broccoli, Tossed Salad, Choice of Fruit

**31**  
BREAKFAST:  
Cereal, Toast  
  
LUNCH:  
Barbeque on Bun, Oven Fry Potatoes, Carrots/Celery Sticks, Choice of Fruit

Gr. 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, ½ pint of low-fat or fat-free milk  
Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.  
Gr. 9-12... 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.  
Gr. 2-12... 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.

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