

# Bath County Public Schools MAY 2014 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p>A complete breakfast consists of at least 1 grain, 1 fruit &amp; 1 milk serving. 1 protein serving may be included in breakfast in addition to the grain serving.</p>	<p>Menus are subject to change depending on prices and availability of food items.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>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.</p> </div> <p>In accordance with Federal Law &amp; U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>		<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p>	<p><b>1</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich (L/T), Sweet Potato Tots, Green Beans, Choice of Fruit</p>	<p><b>2</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Baked Beans, Romaine/Spinach Salad, Choice of Fruit</p>
<p><b>5</b> <u>BREAKFAST:</u> Muffin, Lil Smokies OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun (M/O/C), Baked Beans, Carrots w/ Lite Ranch Dip, Choice of Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad w/ Lettuce, Tomato, Cheese, Salsa, Sour Cream, Green Beans, Beets, Choice of Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap, Pasta Salad, Broccoli, R/O Veggie Cup, Choice of Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Potato Tots, Cole Slaw, Choice of Fruit</p>	<p><b>9</b> <u>BREAKFAST:</u> Egg Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, Red Pepper Strips, Cherry Tomatoes w/ Lite Ranch, Choice of Fruit</p>	
<p><b>12</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun (L/T/M), Scalloped Potatoes, Carrots w/ Lite Ranch, Choice of Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L/T/M/O), Cheese Slice, California Mix, Romaine/Spinach Salad, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap (Cheese/Salsa/Sour Cream), Corn, Broccoli, Choice of Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish Nuggets, Macaroni &amp; Cheese, Cole Slaw, Tomato Juice, Roll, Choice of Fruit</p>	<p><b>16</b> <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich (L/T), Sweet Potato Rounds, Celery/Carrot Sticks w/ Lite Ranch, Choice of Fruit</p>	
<p><b>19</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Cheese Sticks w/ Marinara Sauce, Baked Beans, Celery Sticks/Green Pepper Strips/Cucumber w/ Lite Ranch, Choice of Fruit</p>	<p><b>20</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Corn Dog, Lima Beans, Cole Slaw, Choice of Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad (L/T/Cheese/Salsa/Sour Cream), Steamed Broccoli, Cauliflower w/ Lite Ranch, Choice of Fruit</p>	<p><b>22</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Sweet Potato Tots, Green Beans, Choice of Fruit</p>	<p><b>23</b> <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Popcorn Chicken, French Fries, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	
<p><b>26</b> <u>BREAKFAST:</u> Muffin, Lil Smokies OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup, Choice of Fruit</p>	<p><b>27</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p><b>28</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken/Cheese Wrap (L/T), Tomato Juice, Broccoli, Choice of Fruit</p>	<p><b>29</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>30</b> <u>BREAKFAST:</u> Chicken Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Mini Corn Dogs, Sweet Potato Rounds, California Blend, Choice of Fruit</p>	

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 items (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 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.