



# Bath County Public Schools MAY 2015 Breakfast & Lunch Menu \*VES\*

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p>A prepared tossed salad will be offered daily as a vegetable choice in the schools.</p> <p>BCHS will offer additional choices at Breakfast.</p>		<p>Menus are subject to change depending on prices and availability of food items.</p>	<p>All breakfasts are served with a choice of fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p>		<p><b>1</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham &amp; Cheese Sandwich (L,T,M), Spinach, Peas &amp; Carrots, Choice of Fruit</p>
<p><b>4</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Carrots/Lite Ranch, Choice of Fruit</p>	<p><b>5</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, Red Veggie Cup, Dip, Roll, Choice of Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Muffin, Yogurt OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, *Choice of 2* Corn, Green Beans, Tossed Salad, Watermelon <u>or</u> Banana</p>	<p><b>7</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich (L,T,M), Sweet Potato Puffs, Broccoli, Choice of Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Biscuit, Egg OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Blend, Choice of Fruit</p>	
<p><b>11</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Green Beans, Tossed Salad, Choice of Fruit</p>	<p><b>12</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M), French Fries, Steamed Carrots, Choice of Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, *Gr. 9-12 Brown Rice, R/O Veggie Cup, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tenders, Baked Potato, Broccoli, Roll, Choice of Fruit</p>	
<p><b>18</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Taco Salad, Black Beans, California Blend, Choice of Fruit</p>	<p><b>19</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M), French Fries, Tossed Salad, Choice of Fruit</p>	<p><b>20</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Pizza, Corn, R/O Veggie Cup, Choice of Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Nuggets, Scalloped Potatoes, Broccoli, Roll, Choice of Fruit</p>	<p><b>22</b> <u>BREAKFAST:</u> French Toast Sticks, OR Cereal, Toast</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich (L,T,M), Sweet Potato Puffs, Spinach, Choice of Fruit</p>	
<p><b>25</b> <b>MEMORIAL DAY HOLIDAY</b> <b>SCHOOL CLOSED</b></p> 	<p><b>26</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Cheese Sticks w/ Marinara Sauce, Peas, R/O Veggie Cup, Roll, Choice of Fruit</p>	<p><b>27</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>28</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken on Bun, Sweet Potato Fries, Vegetarian Beans, Choice of Fruit</p>	<p><b>29</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita, Corn, Green Beans, Choice of Fruit</p>	

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### BREAKFAST

Grades K-2... A complete breakfast includes 1 oz. eq. grain, 1 cup fruit - to include ½ cup juice and ½ cup fruit piece(s), 1 cup milk, some days an additional item - 1 oz. eq. (grain or optional M/MA). All items offered must be taken.

Grades 3-12... 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 3-12... 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.

Grades 9-12... A complete lunch is 2 protein 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.