



Bath County Public Schools MAY 2016 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>2 <u>BREAKFAST:</u> Bagel, Lite Cream Cheese <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Barbeque on Bun*, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Leg, Baked Potatoes, R/O Veggie Cup, Biscuit, Choice of Fruit</p>	<p>4 <u>BREAKFAST:</u> Ult. Breakfast Round <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Gordita, Corn, Broccoli, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Mini Corn Dogs, Sweet Potato Tots, Green Beans, Choice of Fruit</p>	<p>6 <u>BREAKFAST:</u> Cini Minis <i>OR</i> Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Taco Salad w/ Tortilla Chips, Black Beans, Carrots, Choice of Fruit</p>
<p>9 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken on Bun*, French Fries, Green Beans, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Hamburger on Bun (Cheese/L/T/M/O/P), Corn, Cole Slaw, Choice of Fruit</p>	<p>11 <u>BREAKFAST:</u> Breakfast on a Stick <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Black Beans, California Blend, Choice of Fruit</p>	<p>12 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Yogurt "BCHS SOL KICK OFF"</p> <p><u>LUNCH:</u> Jamwiches, Broccoli/Carrots/Peppers/Cucumbers w/ Lite Ranch, Baked Chips, Apple/Grapes</p>	<p>13 <u>BREAKFAST:</u> Mini Pancakes <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Succotash, Tossed Salad, Choice of Fruit</p>
<p>16 <u>BREAKFAST:</u> Bagel, Cream Cheese <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun", Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Bread, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Ult. Breakfast Round <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Wrap (L/T/M/ Cheese), Black Beans, California Blend, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Pizza, Succotash, Sweet Potato Tots, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Chicken*, Macaroni & Cheese, Broccoli, R/O Veggies w/ Lite Ranch, Roll, Choice of Fruit</p>
<p>23 <u>BREAKFAST:</u> Scrambled Egg, Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, California Blend, Lima Beans, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Ult. Breakfast Round <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Ham/Cheese Sandwich (L,T,M), Sweet Potato Rounds, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> French Toast Sticks, <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken on Bun*, Potato Tots, Spinach Salad, Choice of Fruit</p>
<p>30 MEMORIAL DAY HOLIDAY SCHOOL CLOSED</p> 	<p>31 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Sloppy Joe on Bun*, Scalloped Potatoes, Cole Slaw, Choice of Fruit</p>	<p>All breakfasts are served with a fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p> <p>Menus are subject to change depending on prices and availability of food items.</p> 		

*Elementary schools will offer cheese sticks as an entrée choice.

A prepared tossed salad will be offered daily as a vegetable choice in the schools.

BCHS will offer additional choices at Breakfast.

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<u>BREAKFAST</u>
Grades K-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/M). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.
<u>LUNCH</u>
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.