


Bath County Public Schools May 2017 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
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BREAKFAST
 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/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 1 cup milk 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 1 cup 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, 1 cup 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.

<p>1 <u>BREAKFAST:</u> Chicken Biscuit <i>OR</i> Cereal, Yogurt</p> <p><u>LUNCH:</u> Corn Dog, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Cinnamon Crisp</p> <p><u>LUNCH:</u> Popcorn Chicken, Sweet Potato Puffs, Broccoli, Tossed Salad, Roll, Choice of Fruit</p>	<p>3 <u>BREAKFAST:</u> Parfait <i>OR</i> Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, R/O Veggie Cup, Tossed Salad, Roll, Fruit Choices</p>	<p>4 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Scalloped Potatoes, Carrots, Tossed Salad, Choice of Fruit</p>	<p>5 <u>BREAKFAST:</u> Bagel, Cream Cheese (optional) <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Asian Chicken, Rice Pilaf, Stir Fry Vegetables, Corn, Tossed Salad, Roll - High School, Choice of Fruit</p>
<p>8 <u>BREAKFAST:</u> Ult. Breakfast Round <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Strips, Peas, V8 Juice, Tossed Salad, Roll, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Sloppy Joe on Bun, Pinto Beans, Cole Slaw, Choice of Fruit</p>	<p>10 <u>BREAKFAST:</u> Blueberry Muffin <i>OR</i> Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Hamburger or Hot Dog on Bun, 3 Bean Salad, Carrots, Fruit Choices</p>	<p>11 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Cereal, Cinnamon Crisps</p> <p><u>LUNCH:</u> Spaghetti w/ Meatballs, Spinach, Tossed Salad, Breadstick, Choice of Fruit</p>	<p>12 <u>BREAKFAST:</u> Cinnamon Buns <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Turkey-Cheese on Croissant - L/T/M, Tater Tots, California Mix, Tossed Salad, Choice of Fruit</p>
<p>15 <u>BREAKFAST:</u> Parfait <i>OR</i> Cereal, Cinnamon Crisps</p> <p><u>LUNCH:</u> Chicken, Baked Potato, Carrots, Tossed Salad, Roll, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Taco Salad, Corn on Cob, R/O Veggie Cup, Choice of Fruit</p>	<p>17 <u>BREAKFAST:</u> Blueberry Muffin <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Cheese, French Fries, Broccoli, Tossed Salad, Choice of Fruit</p>	<p>18 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Sweet Potato Tots, Spinach, Tossed Salad, Choice of Fruit</p>	<p>19 <u>BREAKFAST:</u> Cinnamon Buns <i>OR</i> Yogurt, Graham. Crackers</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit</p>
<p>22 <u>BREAKFAST:</u> Pancakes <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun L/T/M, French Fries, Pinto Beans, Tossed Salad, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Cereal, Graham Crackers</p> <p><u>LUNCH:</u> Asian Chicken, Rice Pilaf, Stir Fry Vegetables, Lima Beans, Tossed Salad, Choice of Fruit</p>	<p>24 <u>BREAKFAST:</u> Chicken on Biscuit <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Beef Bean Burrito, Rice Pilaf, R/O Veggie Cup, Peas, Tossed Salad, Choice of Fruit</p>	<p>25 <u>BREAKFAST:</u> Sausage Biscuit <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Pizza, Broccoli, Carrots, Tossed Salad, Choice of Fruit</p>	<p>26 <u>BREAKFAST:</u> French Toast Sticks <i>OR</i> Cereal, Cinnamon Crisps</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Tater Tots, California Mix, Tossed Salad, Choice of Fruit</p>
<p>29 SCHOOLS CLOSED MEMORIAL DAY</p> 	<p>30 <u>BREAKFAST:</u> Breakfast Pizza <i>OR</i> Yogurt, Toast</p> <p><u>LUNCH:</u> Mozzarella Cheesesticks, Marinara Sauce, Peas, V8 Juice, Tossed Salad, Biscuit, Choice of Fruit</p>	<p>31 <u>BREAKFAST:</u> Peanut Butter & Jelly Graham Crackers <i>OR</i> Cereal, Toast</p> <p><u>LUNCH:</u> Cheesesteak on Bun, French Fries, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>	<p>A prepared garden salad will be offered daily as a vegetable choice in the schools.</p>	<p>USDA is an equal opportunity provider and employer.</p>
		<p>MES offers an alternative lunch entrée.</p>	<p>All breakfasts are served with fruit and 100% fruit juice. All meals are served with a choice of low-fat or fat-free milk.</p>	
		<p>Menus are subject to change.</p>		