
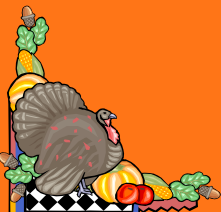



# Bath County Public Schools NOVEMBER 2013 Breakfast & Lunch Menu

<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>Menus are subject to change depending on prices and availability of food items.</p>	<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> <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><b>1</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Pattie on Bun, Sweet Potatoes, Broccoli, Choice of Fruit</p>
<p><b>4</b> <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Popcorn Chicken, Scalloped Potatoes, Pinto Beans, Corn Bread, Fruit</p>	<p><b>5</b> <u>BREAKFAST:</u> Breakfast Pizza OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, R/O Vegetable Cup w/ Fat-Free Ranch, Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Ultimate Breakfast Round OR Toast w/ Yogurt</p> <p><u>LUNCH:</u> Taco Salad w/ Salsa/ Sour Cream, Broccoli, Corn, Choice of Fruit</p>	<p><b>7</b></p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;"><u>PUPIL HOLIDAY</u></p>	<p><b>8</b> <u>BREAKFAST:</u> Egg Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Green Beans, Cole Slaw, Roll, Fresh Fruit</p>
<b>VIRGINIA FARM TO SCHOOL WEEK, NOVEMBER 11-15, 2013</b>				
<p><b>11</b> <u>BREAKFAST:</u> French Toast Sticks w/ Syrup OR Yogurt &amp; Toast</p> <p><u>LUNCH:</u> Hamburger on Bun, Baked Potato, Broccoli, Fruit</p>	<p><b>12</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Sweet Potato Fries, Cole Slaw, Roll, Fruit</p>	<p><b>13</b> <u>BREAKFAST:</u> Scrambled Egg, Biscuit OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Pizza, Corn, Mini Carrots w/ Fat-Free Ranch, Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Cereal &amp; Yogurt</p> <p><u>LUNCH:</u> Hot Dog on Bun, Navy Beans, R/O Veggie Cup w/ Ranch, Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Fruit</p>
<p><b>18</b> <u>BREAKFAST:</u> Cereal, Toast OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Nachos w/ Ground Beef, French Fries, Spinach, Fruit</p>	<p><b>19</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Corn Dog, Lima Beans, R/O Veggie Cup w/ Ranch, Fruit</p>	<p><b>20</b> <u>BREAKFAST:</u> Lil Smokies &amp; Toast OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Chicken Fajita, Enriched Brown Rice, Black Bean Salsa, Broccoli, Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy OR Ultimate Breakfast Round</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Carrots, Toast, Sherbet, Fruit (Grades 9-12)</p>	<p><b>22</b> <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal &amp; Biscuit</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Slaw, Fruit</p>
<p><b>25</b></p> 	<p><b>26</b>      <b>27</b>      <b>28</b></p> <p style="font-size: 1.5em; font-weight: bold;">NOVEMBER 25-29, 2013</p> <p style="font-size: 1.5em; font-weight: bold;">FALL BREAK / THANKSGIVING HOLIDAY</p> <p style="font-size: 1.2em; font-weight: bold;">** SCHOOL CLOSED **</p>			<p><b>29</b></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 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.
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.