

# Bath County Public Schools NOVEMBER 2014 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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A prepared tossed salad will be offered daily as a vegetable choice in the schools.



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.

Menus are subject to change depending on prices and availability of food items.

USDA is an equal opportunity provider and employer.

<p><b>3</b> <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Macaroni &amp; Cheese, Green Beans, Carrots, Dip, Roll, Choice of Fruit</p>	<p><b>4</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun (C,L,T,O,M), Sweet Potato Fries, California Blend, Choice of Fruit</p>	<p><b>5</b> <u>BREAKFAST:</u> Scrambled Egg, Biscuit, OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, (Brown Rice), Broccoli, Choice of Fruit</p>	<p><b>6</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Tomatoes/Red Peppers, Dip, Choice of Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>
<p><b>10</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger Steak, Gravy, Mashed Potatoes, Spinach, Red Pepper/Green Pepper, Dip, Roll, Choice of Fruit</p>	<p><b>11</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Baked Beans, R/O Cup w/ Dressing, Choice of Fruit</p>	<p><b>12</b> <u>BREAKFAST:</u> Cheese Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, Broccoli, Choice of Fruits</p>	<p><b>13</b> <u>BREAKFAST:</u> Sausage Pattie Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Green Beans, Cole Slaw, Roll, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> <i>Planned by BCHS Government Students</i> Chicken Nuggets, French Fries, Carrots/Dip, Breadstick, Strawberry Cup (if available), Fruit</p>
<p><b>17</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Grilled Chicken on Bun (L,T,M), Sweet Potato Waffle Fries, R/O Veggie Cup, Choice of Fruit</p>	<p><b>18</b> <u>BREAKFAST:</u> Breakfast Pizza OR Egg, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p><b>19</b> <u>BREAKFAST:</u> Cereal, Toast OR Yogurt, Graham Crackers</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Broccoli, Celery/Carrots, Dip, Breadstick, Choice of Fruit</p>	<p><b>20</b> <u>BREAKFAST:</u> Sausage Pattie Biscuit, OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey w/ Gravy, Mashed Potatoes, Green Beans, Roll, Sherbet, Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, Tossed Salad, Choice of Fruit</p>

<b>24</b>	<b>25</b>	<b>26</b>	<b>7</b>	<b>28</b>
NOVEMBER 24-28, 2014				
FALL BREAK / THANKSGIVING HOLIDAY				
** SCHOOL CLOSED **				

<p><u>BREAKFAST</u></p> <p>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.</p> <p>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.</p>
<p><u>LUNCH</u></p> <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.</p> <p>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.</p> <p>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.</p> <p>Grades 2-12... 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>