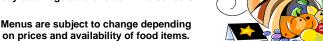
Bath County Public Schools NOVEMBER 2014 Breakfast & Lunch Menu

MONDAY THURSDAY TUESDAY WEDNESDAY FRIDAY

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.

on prices and availability of food items.

USDA is an equal opportunity provider and employer.

BREAKFAST: Pancakes w/ Syrup OR Cereal, Toast	BREAKFAST: Breakfast Pizza OR Cereal, Yogurt	5 BREAKFAST: Scrambled Egg, Biscuit, OR Cereal, Toast	BREAKFAST: Sausage Biscuit OR Cereal, Yogurt	BREAKFAST: Bagel, Cream Cheese OR Cereal, Toast
LUNCH: Chicken, Macaroni & Cheese, Green Beans, Carrots, Dip, Roll, Choice of Fruit	LUNCH: Hamburger on Bun (C,L,T,O,M), Sweet Potato Fries, California Blend, Choice of Fruit	LUNCH: Chicken Fajita Wrap, Corn, (Brown Rice), Broccoli, Choice of Fruit	LUNCH: Vegetable Soup, Grilled Cheese Sandwich, Tomatoes/ Red Peppers, Dip, Choice of Fruit	LUNCH: Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit
BREAKFAST: French Toast Sticks OR Cereal, Yogurt	BREAKFAST: Breakfast Pizza OR Cereal, Yogurt	BREAKFAST: Cheese Toast OR Cereal, Yogurt	BREAKFAST: Sausage Pattie Biscuit OR Cereal, Toast	BREAKFAST: Bagel w/ Cream Cheese OR Cereal, Toast
LUNCH: Hamburger Steak, Gravy, Mashed Potatoes, Spinach, Red Pepper/Green Pepper, Dip, Roll, Choice of Fruit	LUNCH: Taco Salad, Baked Beans, R/O Cup w/ Dressing, Choice of Fruit	LUNCH: Stuffed Crust Pizza, Corn, Broccoli, Choice of Fruits	LUNCH: Fish, Macaroni & Cheese, Green Beans, Cole Slaw, Roll, Choice of Fruit	LUNCH: Planned by BCHS Government Students Chicken Nuggets, French Fries, Carrots/Dip, Breadstick, Strawberry Cup (if available), Fruit
BREAKFAST: Pancakes, Syrup OR Cereal, Toast	18 BREAKFAST: Breakfast Pizza OR Egg, Toast	BREAKFAST: Cereal, Toast OR Yogurt, Graham Crackers	BREAKFAST: Sausage Pattie Biscuit, OR Cereal, Yogurt	BREAKFAST: French Toast Sticks OR Cereal, Yogurt
LUNCH: Grilled Chicken on Bun (L,T,M), Sweet Potato Waffle Fries, R/O Veggie Cup, Choice of Fruit	LUNCH: Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit	LUNCH: Spaghetti w/ Meat Sauce, Broccoli, Celery/Carrots, Dip, Breadstick, Choice of Fruit	LUNCH: Turkey w/ Gravy, Mashed Potatoes, Green Beans, Roll, Sherbet,Fruit	LUNCH: Stuffed Crust Pizza, Corn, Tossed Salad, Choice of Fruit
04 80				

25 NOVEMBER 24-28, 2014 FALL BREAK / THANKSGIVING HOLIDAY

** SCHOOL CLOSED **



28

- 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

LUNCH

- Grades K-5... A complete lunch is 1 protein (8-9 oz. weekly), 1 grain item (8-9 oz. weekly), ½ cup fruit, ¾ cup vegetables, and ½ pint of low-fat or
- Grades 6-8... A complete lunch is 1 protein item (9-10 oz. weekly), 1 grain item (8-10 oz. weekly), ½ cup fruit, ¾ cup vegetables, and ½ pint of lowfat 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 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.