



# Bath County Public Schools **NOVEMBER 2017** Breakfast & Lunch Menu

| <i>MONDAY</i>  | <i>TUESDAY</i>   | <i>WEDNESDAY</i>  | <i>THURSDAY</i>  | <i>FRIDAY</i>   |
|--|--|---|--|---|
|  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; margin: 0;"><b>MEAL PRICES</b></p> <p>Breakfast:<br/>                     Grades PK-5: \$ .90 reduced \$ 0<br/>                     Grades 6-12: \$1.15 reduced \$ 0<br/>                     Adult: \$1.50</p> <p>Lunch:<br/>                     Grades PK-5: \$1.65 reduced \$ 0<br/>                     Grades 6-12: \$1.90 reduced \$ 0<br/>                     Adult: \$3.00</p> </div> |  | <p><b>1</b> <u>BREAKFAST</u><br/>                     Parfait <u>OR</u><br/>                     Cereal, Graham Crackers</p> <p><u>LUNCH</u><br/>                     Mozzarella Cheese Sticks, Marinara Sauce, Corn, Broccoli, Biscuit, Spinach Salad, Choice of Fruit</p> | <p><b>2</b> <u>BREAKFAST</u><br/>                     Sausage Biscuit <u>OR</u><br/>                     Cereal, Toast</p> <p><u>LUNCH</u><br/>                     Chicken Strip Wrap, Corn, Mixed Vegetables, Tossed Salad, Choice of Fruit</p>                    | <p><b>3</b> <u>BREAKFAST</u><br/>                     Pancakes <u>OR</u><br/>                     Yogurt, Graham Crackers</p> <p><u>LUNCH</u><br/>                     Hot Dog on Bun, Baked Beans, R/O Vegetable Cup, Tossed Salad, Choice of Fruit</p>  |
| <p><b>6</b> <u>BREAKFAST</u><br/>                     Cini Mini <u>OR</u><br/>                     Yogurt, Graham Crackers</p> <p><u>LUNCH</u><br/>                     Hamburger on Bun, Potato Salad, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>  | <p><b>7</b> <u>BREAKFAST</u><br/>                     Breakfast Pizza <u>OR</u><br/>                     Cereal, Cinnamon Crisps</p> <p><u>LUNCH</u><br/>                     Taco Salad w/ Salsa, Corn, Broccoli, Tossed Salad, Choice of Fruit</p>                             | <p><b>8</b> <u>BREAKFAST</u><br/>                     Muffin <u>OR</u><br/>                     Yogurt, Toast</p> <p><u>LUNCH</u><br/>                     Chicken Strips, Baked Potato Boats, Green Beans, R/O Veggie Cup, Roll, Choice of Fruit</p>                       | <p><b>9</b> <u>BREAKFAST</u><br/>                     Sausage Biscuit <u>OR</u><br/>                     Yogurt, Toast</p> <p><u>LUNCH</u><br/>                     Philly Cheese Steak on Bun, Macaroni Salad, California Blend, Tossed Salad, Choice of Fruit</p>  | <p><b>10</b> <u>BREAKFAST</u><br/>                     Chicken Biscuit <u>OR</u><br/>                     Cereal, Biscuit</p> <p><u>LUNCH</u><br/>                     Mini Corn Dogs, Baked Beans, Sweet Potato Wedges, Tossed Salad, Choice of Fruit</p>  |
| <p><b>13</b> <u>BREAKFAST</u><br/>                     Bagel w/ Cream Cheese <u>OR</u><br/>                     Cereal, Toast</p> <p><u>LUNCH</u><br/>                     Toasted Cheese Sandwich, French Fries, Broccoli, Tossed Salad, Choice of Fruit</p>  | <p><b>14</b> <u>BREAKFAST</u><br/>                     Breakfast Pizza <u>OR</u><br/>                     Yogurt, Cinnamon Crisps</p> <p><u>LUNCH</u><br/>                     Asian Chicken, Rice Pilaf, Stir-Fry Vegetables, Tossed Salad, R/O Veggie Cup, Choice of Fruit</p> | <p><b>15</b> <u>BREAKFAST</u><br/>                     Parfait <u>OR</u><br/>                     Cereal, Graham Crackers</p> <p><u>LUNCH</u><br/>                     Hamburger on Bun, Sweet Potato Wedges, Peas, Tossed Salad, Choice of Fruit</p>                       | <p><b>16</b> <u>BREAKFAST</u><br/>                     Sausage Biscuit <u>OR</u><br/>                     Yogurt, Toast</p> <p><u>LUNCH</u><br/>                     Turkey w/ Gravy, Mashed Potatoes, Green Beans, Spinach Salad, Sliced Bread, Choice of Fruit</p> | <p><b>17</b> <u>BREAKFAST</u><br/>                     Pancake on a Stick <u>OR</u><br/>                     Egg, Toast</p> <p><u>LUNCH</u><br/>                     Corn Dog, Baked Beans, California Blend, Tossed Salad, Choice of Fruit</p>   |
| <b>20</b><br><br><b>FALL BREAK<br/>SCHOOL CLOSED</b>   | <b>21</b><br><br><b>FALL BREAK<br/>SCHOOL CLOSED</b>   | <b>22</b><br><br><b>FALL BREAK<br/>SCHOOL CLOSED</b>  | <b>23</b><br><br><b>THANKSGIVING DAY<br/>FALL BREAK<br/>SCHOOL CLOSED</b>  | <b>24</b><br><br><b>FALL BREAK<br/>SCHOOL CLOSED</b>  |
| <p><b>27</b> <u>BREAKFAST</u><br/>                     Egg Biscuit <u>OR</u><br/>                     Cereal, Toast</p> <p><u>LUNCH</u><br/>                     Chicken Nuggets, French Fries, Green Beans, Tossed Salad, Choice of Fruit</p>   | <p><b>28</b> <u>BREAKFAST</u><br/>                     Breakfast Pizza <u>OR</u><br/>                     Yogurt, Cinnamon Crisps</p> <p><u>LUNCH</u><br/>                     Sloppy Joe on Bun, Baked Beans, Cole Slaw, Tossed Salad, Choice of Fruit</p>                      | <p><b>29</b> <u>BREAKFAST</u><br/>                     Pancake on a Stick <u>OR</u><br/>                     Cereal, Toast</p> <p><u>LUNCH</u><br/>                     Toasted Cheese Sandwich, Baked Potato Boats, R/O Veggie Cup, Tossed Salad, Choice of Fruit</p>      | <p><b>30</b> <u>BREAKFAST</u><br/>                     Sausage Biscuit <u>OR</u><br/>                     Yogurt, Graham Crackers</p> <p><u>LUNCH</u><br/>                     Pizza, Corn, Tossed Salad, Choice of Sidekick or Fruit</p>                            |  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="font-size: small;">All breakfasts are served with fruit and 100% fruit juice.</p> <p style="font-size: small;">All meals are served with a choice of low-fat or fat-free milk.<br/>(White, Chocolate, Strawberry)</p> </div> |

USDA is an equal opportunity provider and employer.

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

A prepared garden salad will be offered daily as a vegetable choice in all schools.

MES offers an alternative lunch entrée.

**Grades K-12 COMPLETE BREAKFAST:**

Each student **must be offered:** 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).  
 Each student **must select:** At least three of the four food items offered, 1 selection must be at least a ½ cup of fruit.

**Grades K-8 COMPLETE LUNCH:**

Each student **must be offered:** 1-2 oz. eq. meat/meat alternate item (9-10 oz. over the course of the week), 1-2 oz. eq. grain item (8-10 oz. over the course of the week), ½ cup fruit, ¼ cup vegetables, 1 cup of low-fat or fat-free milk.

Each student **must select:** At least three of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.

**Grades 9-12 COMPLETE LUNCH:**

Each student **must be offered:** 2 oz. eq. meat/meat alternate item (10-12oz. over the course of the week), 2 oz. eq. grain item (10-12 oz. over the course of the week), 1 cup fruit, 1 cup vegetables, 1 cup of low-fat or fat-free milk.

Each student **must select:** At least three of the five food components offered, 1 of the selections must be a minimum of ½ cup serving of fruit or vegetable.