

Bath County Public Schools OCTOBER 2012 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>1 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>2 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Stuffed Crust Pepperoni Pizza, Broccoli, Tossed Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>3 <u>BREAKFAST:</u> Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Chicken Tender/ Cheese Wrap, Baked Sweet Potato, Green Beans, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>4 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Baked Potato w/ Chili, Tossed Salad, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>5 <u>BREAKFAST:</u> Cereal, Muffin</p> <p><u>LUNCH:</u> Fish, Cooked Carrots, Cauliflower, Cucumber, Celery w/ Dip, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p>8 <u>BREAKFAST:</u> Egg, Cheese Biscuit</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese, Raw Broccoli w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>9 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Ham & Cheese on Bun, French Fries, Romaine Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>10 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Green Beans, Veggie Cup w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>11 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Nachos w/ Ground Beef, Cheese, Pinto Beans, Lettuce, Tomato, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>12 <u>BREAKFAST:</u> Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Chicken Tenders, Macaroni & Cheese, Spinach, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
NATIONAL SCHOOL LUNCH WEEK - WHAT'S COOKING?				
<p>15 <u>BREAKFAST:</u> Pancakes, Lite Syrup</p> <p><u>LUNCH:</u> Hamburger on Bun, Sweet Potato Fries, Green Beans, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>16 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Edamame, Tomatoes, Red Peppers, Carrots w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>17 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Tender/ Cheese Wrap, Corn & Peas, Broccoli, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>18 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Turkey, Gravy on Bread, Mashed Potatoes, Tossed Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>19 <u>BREAKFAST:</u> Scrambled Egg, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p>22 <u>BREAKFAST:</u> Egg/Cheese Biscuit</p> <p><u>LUNCH:</u> Barbeque on Bun, Mashed Potatoes, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>23 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Ham Slice, Sweet Potato, Tossed Salad, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>24 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Turkey/Cheese Wrap, Navy Beans, Tomato, Red Peppers, Carrots, w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>25 <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>26 <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Popcorn Chicken, French Fries, Broccoli, Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p>29 <u>BREAKFAST:</u> Scrambled Eggs, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun, French Fries, Spinach, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>30 <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese, Carrots, Celery Sticks w/ Dip, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>31 <u>BREAKFAST:</u> Pancakes w/ Lite Syrup</p> <p><u>LUNCH:</u> Chicken Tender/ Cheese Wrap, Pinto Beans, Tossed Salad, Orange Sherbet</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p>In accordance with Federal Law & 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>	

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

NEW 2012-2013 Lunch Prices		
Grade	Breakfast	Lunch
PK-5	.80¢	\$1.60
6-12	\$1.05	\$1.85
Adult	\$1.35	\$2.50

- Gr. 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, ½ pint of low-fat or fat-free milk
- Gr. 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, ½ pint of low-fat or fat-free milk. Must have a minimum of ½ cup serving of fruit or vegetable daily.
- Gr. 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.
- Gr. 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.

BCHS offers a salad bar that includes all the components of a reimbursable meal.

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.