

# Bath County Public Schools OCTOBER 2014 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>All breakfasts are served with a fruit and juice. All meals are served with a choice of low-fat or fat-free milk.</p> <p>USDA is an equal opportunity provider and employer.</p>	<p>Menus are subject to change depending on prices and availability of food items.</p>	<p><b>1</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Corn, Broccoli, Choice of Fruit</p>	<p><b>2</b> <u>BREAKFAST:</u> Sausage Biscuit, OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>	<p><b>3</b> <b>WORLD SMILE DAY</b> <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Cereal <small>Meal Planned by BCHS Government Students</small></p> <p><u>LUNCH:</u> Chicken Nuggets, Mashed Potatoes, Carrots/Dip, Breadstick, Mandarin Oranges, Strawberry Cup, Smiley Face</p>
<p><b>6</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Hamburger on Bun w/ Cheese (L,T,M,O), Baked Potato, Green Beans, Fruit</p>	<p><b>7</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita (Brown Rice), Corn, Carrots/Dip, Fruit</p>	<p><b>8</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast <small>Lunch Planned by MES 7th Grade Students</small></p> <p><u>LUNCH:</u> Hamburger Steak/Gravy, Broccoli w/ Cheese Sauce, Salsa w/ Tostitos, Strawberry or Peach Cup</p>	<p><b>9</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Taco Salad, Seasoned Black Beans, California Mix, Fruit</p>	<p><b>10</b> <u>BREAKFAST:</u> Egg Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Tomatoes/Red Peppers/ Dip, Fruit</p>
<p><b>NATIONAL SCHOOL LUNCH WEEK "Get in the Game with School Lunch"</b></p>				
<p><b>13</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Bull's Eye Barbeque on Bun, Kicking Baked Beans, Rejact Cole Slaw, Choice of Fruit</p>	<p><b>14</b> <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Spaghetti w/ Kicking Meat Sauce, Time Out Green Beans, Cheery Tossed Salad, Drop Kick Breadstick, Slap Shot Fruit</p>	<p><b>15</b> <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Ace Chicken, Love Macaroni &amp; Cheese, Foul Ball California Blend, Celery/Carrot Sticks w/ Dip, 3 Pointer Roll, Field Goal Fruit</p>	<p><b>16</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spike Hot Dog on Bun, Grand Slam Corn, Stuffed Sweet Potato Puffs, Drop Kick Fruit</p>	<p><b>17</b> <u>BREAKFAST:</u> Cheese Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Overtime Pizza, Par Lima Beans, R/O Veggie Cup w/ Dip, Face Off Fruit</p>
<p><b>20</b> <u>BREAKFAST:</u> Scrambled Egg, Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Grilled Chicken Patty on bun (L,T,M), Baked Potato, R/O Veggie Cup w/ Dip, Fruit</p>	<p><b>21</b> <u>BREAKFAST:</u> Cereal, Toast OR Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, Tossed Salad, Fruit Assortment <b>12:30 EARLY RELEASE</b></p>	<p><b>22</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Turkey/Gravy, Mashed Potatoes, Green Beans, Roll, Fruit</p>	<p><b>23</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Tenders, Pinto Beans, Carrots w/ Dip, Roll, Fruit</p>	<p><b>24</b> <u>BREAKFAST:</u> Pancakes w/ Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Fish, Macaroni &amp; Cheese, Cole Slaw or Red Peppers (high school), Broccoli, Roll, Fruit</p>
<p><b>27</b> <u>BREAKFAST:</u> Cheese Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich (L,T,M), French Fried, Spinach, Fruit</p>	<p><b>28</b> <b>PUPIL HOLIDAY</b> <b>PARENT-TEACHER</b> <b>CONFERENCES</b> <b>1:00-4:00 P.M.</b> <b>and</b> <b>4:30-7:00 P.M.</b></p>	<p><b>29</b> <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Sweet Potato Rounds, Cole Slaw, Choice of Fruit</p>	<p><b>30</b> <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt <small>Lunch Planned by VES 7th Grade Students</small></p> <p><u>LUNCH:</u> Hamburger Steak/Gravy, Mashed Potatoes, R/O Veggie cup, Strawberries</p>	<p><b>31</b> <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fijita, Brown Rice, Broccoli, Pinto Beans, Orange Sherbet, Fruit (Gr.9-12)</p>

**BREAKFAST**

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/M). 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/M). The student must select at least three of the food items. One selection must be at least a ½ cup of fruit.

**LUNCH**

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 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.