

Bath County Public Schools OCTOBER 2015 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>Menus are subject to change depending on prices and availability of food items.</p>	<p>BCHS will offer additional choices at Breakfast.</p>	<p>1 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>2 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Bun (L,T,M,P), Broccoli, Sweet Potato Fries, Choice of Fruit</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>		

'FARM TO SCHOOL WEEK'

<p>5 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Mini Corn Dogs, Scalloped Potatoes, Cole Slaw, Choice of Fruit</p>	<p>6 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Vegetable Soup, Grilled Cheese Sandwich, Fresh Vegetable Cup, Choice of Fruit</p>	<p>7 <u>BREAKFAST:</u> Breakfast on a Stick OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Enriched Brown Rice (Gr.9-12), Corn, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>8 <u>BREAKFAST:</u> Sausage Biscuit OR Parfait</p> <p><u>LUNCH:</u> Hamburger Steak, Gravy, Mashed Potatoes, Spinach, Roll, Choice of Fruit</p>	<p>9 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Toast</p> <p><u>LUNCH:</u> Chicken, Macaroni Salad, Green Beans, Carrots, Roll, Choice of Fruit</p>
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NATIONAL SCHOOL LUNCH WEEK "School Lunch—Snapshot"

<p>12 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Corn, R/O Veggie Cup w/ Lite Ranch, Choice of Fruit</p>	<p>13 <u>BREAKFAST:</u> Breakfast Pizza OR Yogurt, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Baked Beans, Cole Slaw, Choice of Fruit</p>	<p>14 <u>BREAKFAST:</u> Cheese Toast OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Macaroni & Cheese, Broccoli, Tossed Salad, Roll, Choice of Fruit</p>	<p>15 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger Steak w/ Gravy, Mashed Potatoes, Carrots, Roll, Choice of Fruit</p>	<p>16 <u>BREAKFAST:</u> Ultimate Breakfast Round OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Breadstick, Choice of Fruit</p>
<p>19 <u>BREAKFAST:</u> Bagel, Cream Cheese OR Cereal, Toast</p> <p><u>LUNCH:</u> Hot Dog on Bun, French Fries, R/O Veggie Cup, Choice of Fruit</p>	<p>20 <u>BREAKFAST:</u> Breakfast Pizza OR Parfait</p> <p><u>LUNCH:</u> Taco Salad, California Mix, Carrots, Choice of Fruit</p>	<p>21 <u>BREAKFAST:</u> Pancakes, Syrup OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Black Beans, Corn, Choice of Fruit</p>	<p>22 12:30 EARLY RELEASE <u>BREAKFAST:</u> Cinnamon Toast Crunch Bar OR Cereal, Toast</p> <p><u>LUNCH:</u> Stuffed Crust Pizza, Broccoli, R/O Veggie Cup w/ Ranch, Choice of Fruit</p>	<p>23 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Potato Soup, Grilled Cheese Sandwich, Tossed Salad, Choice of Fruit</p>
<p>26 <u>BREAKFAST:</u> French Toast Sticks OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Chicken, Scalloped Potatoes, California Mix, Roll, Choice of Fruit</p>	<p>27 <u>BREAKFAST:</u> Breakfast Pizza OR Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Bun, Sweet Potato Puffs, Cole Slaw, Choice of Fruit</p>	<p>28 <u>BREAKFAST:</u> Parfait OR Cereal, Toast</p> <p><u>LUNCH:</u> Turkey/Cheese Sandwich, French Fries, R/O Veggie Cup, Choice of Fruit</p>	<p style="text-align: center;">29 PUPIL HOLIDAY PARENT-TEACHER CONFERENCES 1:00-4:00 P.M. and 4:30-7:00 P.M.</p>	<p>30 <u>BREAKFAST:</u> Sausage Biscuit OR Cereal, Yogurt</p> <p><u>LUNCH:</u> Fish, Macaroni & Cheese, Green Beans, Corn, Roll, Choice of Fruit</p>

BREAKFAST

Grades K-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.

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 K-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.