

# Bath County Public Schools SEPTEMBER 2012 Breakfast & Lunch Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>3</b> <b>LABOR DAY HOLIDAY</b> <b>SCHOOL CLOSED</b></p> <p><b>BCHS offers a salad bar that includes all the components of a reimbursable meal.</b></p>	<p><b>4</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Baked Potato w/ Chili, Broccoli, Whole Grain Rich Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>5</b> <u>BREAKFAST:</u> Whole Grain Bagel w/ Cream Cheese</p> <p><u>LUNCH:</u> Ham/Cheese Whole Grain Rich Wrap, Pinto Beans, Veggie Cup, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>6</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Whole Grain Rich Spaghetti w/ Meat Sauce, Green Beans, Tossed Salad, Whole Grain Rich Breadstick, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>7</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Fish, Scalloped Potatoes, Veggie Cup, Whole Grain Rich Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p><b>10</b> <u>BREAKFAST:</u> Breakfast on a Stick</p> <p><u>LUNCH:</u> Grilled Cheese Sandwich, Peas &amp; Corn, Raw Cauliflower, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>11</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Nachos w/ Ground Beef, Salad for Nachos, Broccoli, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>12</b> <u>BREAKFAST:</u> Egg, Cheese Biscuit</p> <p><u>LUNCH:</u> Chicken Tender Wrap, Navy Beans, Veggie Cup, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>13</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Turkey w/ Gravy on Whole Grain Rich Bread, Creamed Potatoes, Green Beans, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>14</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Barbeque on Whole Grain Rich Bun, Pinto Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p><b>17</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Hamburger on Whole Grain Rich Bun, Sweet Potato Crinkle Fries, Fresh Veggies (cucumber, green pepper, cauliflower), Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>18</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Popcorn Chicken, Pinto Beans, Edamame Salad, Whole Grain Rich Roll, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>19</b> <u>BREAKFAST:</u> Pancakes w/ Lite Syrup</p> <p><u>LUNCH:</u> Turkey/Cheese Whole Grain Rich Wrap, Baked Potato, Carrot Sticks, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>20</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Whole Grain Stuffed Crust Pepperoni Pizza, Broccoli, Tossed Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>21</b> <u>BREAKFAST:</u> Scrambled Egg, Toast</p> <p><u>LUNCH:</u> Whole Grain Rich Spaghetti w/ Meat Sauce, Green Beans, Celery Sticks, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>
<p><b>24</b> <u>BREAKFAST:</u> Bacon, Cheese Biscuit</p> <p><u>LUNCH:</u> Chicken Tenders, Whole Grain Rich Macaroni &amp; Cheese, Green Beans, Beets, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>25</b> <u>BREAKFAST:</u> Breakfast Pizza</p> <p><u>LUNCH:</u> Ham/Cheese on Whole Grain Rich Bun, Sweet Potato Crinkle Fries, Celery Sticks, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>26</b> <u>BREAKFAST:</u> Cereal, Toast</p> <p><u>LUNCH:</u> Chicken Fajita Wrap, Enriched Brown Rice, Green Beans, Veggie Cup, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>27</b> <u>BREAKFAST:</u> Sausage Biscuit, Gravy</p> <p><u>LUNCH:</u> Barbeque on Whole Grain Rich Bun, Baked Beans, Cole Slaw, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>	<p><b>28</b> <u>BREAKFAST:</u> Bagel w/ Cream Cheese, Lil Smokies</p> <p><u>LUNCH:</u> Nachos w/ Ground Beef, Corn, Tossed Salad, Choice of Fruit</p> <p><u>OR Salad Bar @ BCHS</u></p>

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

**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.**

**NEW 2012-2013 Lunch Prices**

<u>Grade</u>	<u>Breakfast</u>	<u>Lunch</u>
PK-5	.80¢	\$1.60
6-12	\$1.05	\$1.85
Adult	\$1.35	\$2.50

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 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, ¾ 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 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.

Grades 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.

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