

## Breakfast Menu (Full School Year)

School Breakfast: The First Step to Learning!

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	Breakfast Pizza (Sausage) Or Cereal & Toast	Sausage & Biscuit Or Cereal & Toast	Bagged Pancakes Or Cereal & Toast	Eggs & Oatmeal Or Cereal & Toast	Breakfast Burrito Or Cereal & Toast
2	Breakfast Pizza (Bacon) Or Cereal & Toast	Biscuits & Gravy Or Cereal & Toast	French Toast Sticks Or Cereal & Toast	Breakfast Wrap Or Cereal & Toast	Chicken & Biscuit Or Cereal & Toast
3	Breakfast Pizza Or Cereal & Toast	Sausage & Biscuit Or Cereal & Toast	Pancakes w/ Syrup Or Cereal & Toast	Eggs & Oatmeal Or Cereal & Toast	Breakfast Burrito Or Cereal & Toast
4	Breakfast Pizza Or Cereal & Toast	Biscuits & Gravy Or Cereal & Toast	French Toast Sticks Or Cereal & Toast	Breakfast Wrap Or Cereal & Toast	Chicken & Biscuit Or Cereal & Toast

**\*\* All Breakfast meals come with fruit and fruit juice.**

**Breakfast Meals Consist of: Whole Grain Breakfast Pastry, Whole Grain Cereals, Yogurt, and Grab-N-Go Available Daily. Students must take a fruit or juice with a breakfast meal. Healthy milk choices also served daily!**

For more information, contact: Vickie Wells  
Bath County Schools  
Foodservice Department  
405 W. Main St.  
Owingsville, KY 40360  
(606)674-6314 ext. 6640  
Email: vickie.wells@bathkyschools.us

Information Collected by Andrea Danley, ECU Dietetic Intern

**Specialty Dietary Needs:**  
*If your child(ren) have needs for a special diet, your family physician must complete (with a signature) a Special Dietary Needs Form . This form may be obtained from the school foodservice manager. The completed form must remain on file in the office of the school food-service manager.*

# MENU

Bath County High School

2016-2017



### Meal Pricing

Student Breakfast ..... Free  
Staff/Visitor Breakfast ..... 2.00  
Student Lunch ..... Free  
Staff/Visitor Lunch ..... 3.00  
Milk ..... 0.30

### Food Manager

Brandi Robert  
Bath County High School  
(606)674-6325



*“Schools are an ideal place for establishing life-long healthy eating habits.”*

— Karen J. Coleman

# Lunch Menu

Foodservice Department: Feeding Students is our Business!

We have a **NO CHARGE** policy.

The Bath County School System is participating in the Community Eligibility Provision (CEP) program under the National School Lunch Program. Under CEP, **all** children in the school system will receive a breakfast/lunch **at no charge**.

Students choosing to purchase a second meal or a la cart items must pay point of sales (POS).

**Lunch consists of:** Meat/meat alternate, fruit, vegetable, bread/grain and milk. Student must select 3 of the 5 choices and one must be either a fruit or vegetable. We encourage students to take all 5 items.

## Farm to School

Farm to school enriches the connection communities have with fresh, healthy food and local food producers.

**Procurement:** Local foods are purchased, promoted and served in the cafeteria or as a snack or taste-test

**Education:** Students participate in education activities related to agriculture, food, health or nutrition

**School gardens:** Students engage in hands-on learning through gardening

## FALL (August thru October)

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chili Dog, Slaw, Baked Beans	Chicken Strips, Salad w/ Ranch, Mac n' Cheese	Cheese Burger, Veggies, Curly Fries	Turkey Club, Carrot Sticks, Baked Chips	Pizza Slice, Baked Fries, Shoepeg Corn
2	Fish Sticks, Mac n' Cheese, Baked Beans	Taco Salad, Refried Beans, Lettuce, Tomato, Chips	Grilled Chicken Sandwich, Waffle Fries, Peas & Carrots	Salisbury Steak, Mashed Potatoes, Green Beans, Roll	Pizza Slice, Fresh Veggies, Baked Fries
3	Chicken Nuggets, Mac n' Cheese, Glazed Carrots	Hot Melt, Baked Potato, Broccoli w/ Ranch	Chili Dog, Cole Slaw, Curly Fries	Cheese Burger, Baked Beans, Chips, Veggies	Pizza Slice, Baked Fries, Shoepeg Corn
4	Grilled Chicken Sandwich, Waffle Fries, Peas & Carrots	Mini Corn Dogs, Shoepeg Corn, Baked Beans	Taco Salad Refried Beans, Lettuce, Tomato, Chips	Chicken Rings, Mac n' Cheese, Green Beans	Pizza Slice, Baked Fries, Fresh Veggies

## WINTER (November thru February)

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chili Dogs, Cole Slaw, Baked Beans	Chicken Strips, Salad w/ Ranch,	Hamburger, Curly Fries, Veggies	Turkey Club, Baked Chips, Carrot Sticks	Pizza Slice, Fries, Veggies
2	Fish Sticks, Mac n' Cheese	Taco Salad Refried Beans, Lettuce, Tomato, Chips	Grilled Chicken Sandwich, Waffle Fries, Peas & Carrots	Salisbury Steak, Mashed Potatoes, Green Beans, Roll	Pizza Slice, Fries, Shoepeg Corn
3	Chicken Nuggets, Mac n' Cheese, Glazed Carrots	Hot Melt, Baked Potato, Broccoli w/ Ranch	Chili Dog, Cole Slaw, Curly Fries	Cheese Burger, Baked Beans, Shoepeg Corn	Pizza Slice, Fries, Celery & Carrot Sticks
4	Grilled Chicken Sandwich, Waffle Fries, Peas & Carrots	Mini Corn Dogs, Corn on the Cob, Baked Beans	Taco Salad Refried Beans, Lettuce, Tomato, Chips	Chicken Rings, Mac n' Cheese, Green Beans	Pizza Slice, Fries, Shoepeg Corn

## SPRING (March thru May)

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	Boneless Wings, Curly Fries, Veggies	Spaghetti w/ Meat Sauce, Bread Sticks, Salad w/ Ranch	Chili Dog, Baked Beans, Cole Slaw	Pizza, Fresh Veggies w/ Dip	Hot Ham & Cheese, Lettuce, Tomato, Chips, Carrot Sticks
2	Popcorn Chicken, Mac n' Cheese, Fresh Veggies	Cheese Burger, Baked Potato, Lettuce, Tomato, Pickles	Mini Corn Dogs, Garden Salad, Glazed Carrots	Salisbury Steak, Mashed Potatoes, Green Beans, Roll	Turkey Sub, Lettuce, Tomato, Baked Chips, Baked Beans
3	Nacho Chips, Garden Salad, Sliced Potatoes	Ham & Turkey Melt w/ Bacon, Lettuce, Tomato, Corn	Chili Dog, Baked Chips, Fresh Carrots & Dip, Baked Beans	Chicken Nuggets, Sweet & Sour Sauce, Broccoli & Cheese, Fiesta Rice	Barbeque on a Bun, Cole Slaw, Mac n' Cheese
4	Fish Nuggets, Mac n' Cheese, Veggies	Baked Ham, Corn Pudding, Roll Glazed Carrots	Chicken Patty, Lettuce, Tomato, Baked Beans	Taco Salad, Refried Beans, Lettuce, Tomato, Chips	Pizza, Corn, Fresh Carrots w/ Dip