

Breakfast Menu (Full School Year)

School Breakfast: The First Step to Learning!

| Wk | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|--|---|---|---|---|
| 1 | Pancake Stix w/ Syrup Or Cereal & Toast | Chicken Tender Biscuit Or Cereal & Toast | Breakfast Pizza Or Cereal & Toast | Muffins & Yogurt Or Cereal & Toast | Biscuits & Gravy Or Cereal & Toast |
| 2 | Cherry Frugel & Yogurt Or Cereal & Toast | Sausage Biscuit Or Cereal & Toast | Breakfast Pizza Or Cereal & Toast | Oatmeal & Poptart Or Cereal & Toast | Breakfast Burrito Or Cereal & Toast |
| 3 | Breakfast Wrap Or Cereal & Toast | Pancake on a Stick Or Cereal & Toast | Breakfast Pizza Or Cereal & Toast | Donut Rings & Yogurt Or Cereal & Toast | Scrambled Eggs & Toast Or Cereal & Toast |
| 4 | Bagel & Bacon Egg Patty Or Cereal & Toast | Waffle Stix & Syrup Or Cereal & Toast | Breakfast Pizza Or Cereal & Toast | Sausage Biscuit Or Cereal & Toast | Breakfast Wrap 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, EKU 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 Middle 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 Managers

Arla Copher
Bath County Middle School
606)674-8165

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

— Karen J. Coleman



USDA is an equal opportunity provider and employer.

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 | Chicken Nachos, Cheese, Lettuce, Tomato, Corn | Chili Dog, Baked Beans, Cole Slaw | Pizza, Potato Smileys, Veggies & Dip | Taco Salad, Lettuce, Tomato, Shredded Cheese, Refried Beans | Chicken Nuggets, Sweet & Sour Sauce, Peas, Little Whole Potatoes |
| 2 | Salisbury Steak w/ Gravy, Mashed Potatoes, Green Beans, Roll | Cheese Burger, Lettuce, Tomato, Pickles, Baked Beans, Baked Chips | Breaded Chicken Patty, Lettuce, Tomato, Mac n' Cheese | Ham & Turkey Melt w/ Bacon, Texas Toast, Lettuce, Tomato, Baked Potato | Fish Sticks, Corn, Salad w/ Ranch Dressing |
| 3 | Chix Rings, Veggies, Broc/Cheese, Roll | Spaghetti w/ Meat Sauce, Salad w/ Ranch, Breadstick | Ham & Cheese Sandwich, Lettuce, Tomato, Pickles, Baked Chips | Pizza, Veggies, and Corn | Salisbury Steak, Mashed Potatoes, Green Beans, Roll |
| 4 | Mini Corn Dogs, Salad w/ Ranch, Mac n' Cheese | Chicken Nuggets, Steamed Broccoli, Corn | Chili Dog, Baked Beans, Cole Slaw | Chicken Tenders, Baked Potato, Salad, Roll | Turkey & Cheese Sandwich, Lettuce, Tomato, Baked Chips |

WINTER (November thru February)

| Wk | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|---|---|---|---|
| 1 | Chicken Patty, Lettuce, Tomato, Peas, Mac n' Cheese | Chili & Grilled Cheese or Peanut Butter Sandwich, Crackers, Veggies | Chili Dog, Baked Beans, Cole Slaw | Chicken Nuggets, Mashed Potatoes, Green Beans, Roll | Pizza, Corn, Steamed Broccoli |
| 2 | Popcorn Chicken, Salad w/ Ranch, Mashed Potatoes | Cheese Burger, Lettuce, Tomato, Pickles, Glazed Carrots | Mini Corn Dogs, Veggies w/ Dip, Mac n' Cheese | Vegetable Soup w/ Grilled Cheese or Peanut Butter Sandwich, Crackers, Fresh Veggies | Ham & Cheese Sandwich, Lettuce, Tomato, Baked Beans, Chips |
| 3 | Pizza, Smiley Potatoes, Veggies & Dip | Salisbury Steak, Mashed Potatoes, Green Beans, Roll | Chicken Tenders, Baked Potato, Salad w/ Ranch, Roll | Taco Salad, Chips, Lettuce, Tomato, Cheese, Baked Beans | Chili Dog, Baked Beans, Cole Slaw, Chips |
| 4 | Chicken Rings, Salad w/ Ranch, Corn | Cheese Burger, Lettuce, Tomato, Pickles, Baked Beans | Pizza, Potato Wedges, Fresh Veggies & Dip | Ham & Turkey Melt w/ Bacon, Texas Toast, Cheese, Baked Potato | Chili & Grilled Cheese or Peanut Butter Sandwich, Cole Slaw, Crackers |

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 |