

2019-2020 BCHS TIGER CAFÉ MENU

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Biscuit Sandwiches OR Cinni Minnis OR Poptarts OR Mini Donuts Fruit	Biscuit & Gravy OR Mini Pancakes OR Mini Donuts OR Poptarts Fruit	Biscuit Sandwiches OR Cinni Minnis OR Poptarts OR Mini Donuts Fruit	Biscuit & Gravy OR Breakfast Pizza OR Breakfast Burrito OR Mini Donuts OR Poptarts Fruit	Biscuit Sandwiches OR Apple/Cherry Frudels OR Uncrustable OR Mini Donuts OR Poptarts Fruit
	Assorted Milk And Juice Will Be Offered Daily.				

LUNCH A Variety of Milk Choices Offered Daily.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAMA'S KITCHEN • WEEK ONE				
	Chicken Filet Mashed Potatoes Green Beans Baked Apples Carrots w/Dip Roll	Taco w/Chips Mexican Rice Refried Beans Salsa, Lettuce & Tomato Shredded Cheese Cup Broccoli w/Dip	Asian Chicken Roasted Chicken Rice Baked Beans Broccoli w/Cheese Glazed Carrots Roll	BBQ w/Bun Chips Corn Cole Slaw Pickle & Onion Broccoli & Carrots w/Dip	Chicken w/Roll OR Fish w/Bun Fries Baked Beans Carrots w/Dip Coleslaw
	MAMA'S KITCHEN • WEEK TWO				
	Pork Choppette Mashed Potatoes Green Beans Baked Pears Carrots w/Dip Biscuit	Brunch for Lunch Breakfast Taters Baked Apples Biscuit Broccoli w/Dip	Asian Chicken Roasted Chicken Rice Broccoli w/Cheese Glazed Carrots Baked Beans Roll	Hot Dog/Chili Dog w/Bun Chips Pasta Salad Baked Beans Broccoli & Carrots w/Dip	Chicken w/Roll OR Fish w/Bun Fries Corn Pasta Salad Carrots w/Dip
	GRILL SHOP				
	Hamburger/Cheeseburger w/Bun Fries Tomato, Pickle, Onion & Lettuce Carrots w/Dip	Hamburger/Cheeseburger w/Bun OR Spicy Chicken w/Bun Tater Tots Tomato, Pickle, Onion & Lettuce Broccoli w/Dip	Hamburger/Cheeseburger w/Bun Fries Baked Beans Tomato, Pickle, Onion & Lettuce Carrots w/Dip	Hamburger/Cheeseburger w/Bun OR Chicken Patty w/Bun Tater Tots Tomato, Pickle, Onion & Lettuce Broccoli & Carrots w/Dip	Hamburger/Cheeseburger w/Bun OR Chicken Basket w/Roll Fries Tomato, Pickle, Onion & Lettuce Carrots w/Dip
	PIZZERIA				
	Cheese Pizza OR Cheeseburger/Bun/Fries Corn Garden Salad Carrots w/Dip	Pepperoni Pizza OR Cheeseburger/Bun/Fries Corn Garden Salad Broccoli w/Dip	Cheese Sticks w/Sauce OR Calzones Baked Beans Garden Salad Carrots w/Dip	Buffalo Chicken Pizza OR Pepperoni Pizza Corn Garden Salad Broccoli & Carrots w/Dip	Cheese Pizza OR Chicken Basket w/Roll Corn Garden Salad Carrots w/Dip
	SUB & SALAD				
Boxed Entré Salad Choice OR Nachos/Cheese & Chips OR Deli Sandwich Box/Chips/Juice Garden Salad Carrots w/Dip	Boxed Entré Salad Choice OR Deli Sandwich Box/Chips/Juice OR Philly Steak & Cheese Garden Salad Tomato, Pickle, Onion & Lettuce Broccoli w/Dip	Boxed Entré Salad Choice OR Burrito Mexican Rice, Queso Cheese Salsa, Black Beans Carrots w/Dip Tomato, Onion & Lettuce Garden Salad	Boxed Entré Salad Choice OR Deli Sandwich Box/Chips/Juice OR Meatball Sub w/Bun Garden Salad Tomato, Pickle, Onion & Lettuce Broccoli & Carrots w/Dip	Boxed Entré Salad Choice OR Nachos/Cheese & Chips OR Deli Sandwich Box/Chips/Juice Garden Salad Baked Potato Carrots w/Dip	
Fruit Choices Are Offered With Each Meal Served.					
From Fall Break to Spring Break, Tuesday's and Thursday's SUB & SALAD Line Will Offer Soup of the Day w/Grilled Cheese.					

FREE Breakfast and Lunch

All student meals are FREE in the Breckinridge County School System

A LA CARTE PRICES

- Meat or meat substitute (hamburger, pizza or grilled cheese).....\$1.50
- Milk\$0.60
- Vegetable/Fruit\$0.65
- Fries/Baked Potato\$1.25
- Bowl of Soup\$1.35
- Roll\$0.45
- Yogurt\$0.70
- Salad\$1.30
- Breakfast Meat/Biscuit.....\$1.25
- Breakfast Pastry\$1.25
- Extra Salad Topping/Dressing ..\$0.35
- Large Powerade.....\$1.25
- Large Plain Water\$1.25
- Flavored Water\$1.00
- Small Chips\$0.75
- Small Ice Cream Novelty\$0.75

Note: All chips are baked and have 7% or less fat grams. All Ice Cream is Low Fat/Low Calorie.

Menu subject to change without notice due to food availability

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

AUGUST 2019					SEPTEMBER 2019					OCTOBER 2019					NOVEMBER 2019					DECEMBER 2019					JANUARY 2020					FEBRUARY 2020					MARCH 2020					APRIL 2020					MAY 2020									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
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5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	3	4	5	6	7	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8					
12	13	14	15	16	16	17	18	19	20	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	10	11	12	13	14	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15					
19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	17	18	19	20	21	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22					
26	27	28	29	30	30					28	29	30	31		25	26	27	28	29	30	31				27	28	29	30	31	24	25	26	27	28	30	31				27	28	29	30		25	26	27	28	29					

Calendar Legend	
Week 1	
Week 2	
No School	