

# 2018 - 2019 Breckinridge County High School Menu

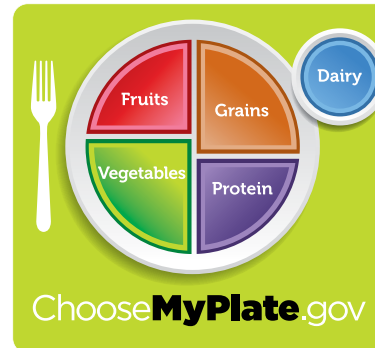
## "We Think FOOD Because Students Can't Think Without It!"

Everyone is welcome in the school cafeteria. We hope you will find something that appeals to you each day. If you have any questions, please feel free to ask any of the staff members.

Students who are hungry find it hard to stay alert and participate in their classroom experiences. The Breckinridge County Board of Education encourages all students to participate in the Lunch and Breakfast programs offered at each school.

School meals are planned to provide 1/3 of the recommended dietary allowances for school-age children. Menus are planned to include a variety of choices, and changes have been made in food specifications and preparation to lower sodium, fat, and sugar in school meals. This is a gradual process that requires the cooperative effort of students, schools, and the community at large.

Menu is subject to change without notice due to inclement weather.



**Families Eating Smart and Moving More**  
Research points to five key behaviors that can help children, youth, and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.

By promoting good nutrition in the places where our children eat—at home and at school—we can have a greater impact on their health. Encourage your child's healthy eating habits by supporting school meals!



MyPaymentsPlus provides an easy-to-use, efficient way to make payments quickly and securely anytime using a simple internet connection. You can say goodbye to the hassle of sending in multiple checks to multiple locations for multiple students. It can all be done with one payment on MyPaymentsPlus.

MyPaymentsPlus also allows the ability to receive free, low balance emails and, in most cases, view the purchases made in the cafeteria online.

Ala carte items may be purchased, but these items cannot be charged.

**Go to: [www.mypaymentsplus.com](http://www.mypaymentsplus.com) and register to view or pay your child's account. Please allow 2 days for payment processing.**

### ***Tiger Café Staff***

Manager: Doris Stevens

Cashier: Crystal Martin

Cooks: Paula Arnold, Brenda Frank, Priscilla Kellems,

Michelle Nash, Sheila Frank, Brittany Moorman, Doris Norwood

**Phone: 270-756-3083**

## **FREE Breakfast and Lunch**

The Breckinridge County Public School District  
will offer free breakfast and lunch to  
all students for the 2018-2019 school year.

*Please encourage your child to participate by  
eating breakfast and lunch in the school cafeteria.*

# 2018-2019 BCHS TIGER CAFÉ MENU

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

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>MAMA'S KITCHEN • WEEK ONE</b>				
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 Pickle & Onion Broccoli & Carrots w/Dip	Chicken w/Roll <b>OR</b> Fish w/Bun Fries Baked Beans Carrots w/Dip	
<b>MAMA'S KITCHEN • WEEK TWO</b>					
Pork Choppette Mashed Potatoes Green Beans Baked Pears Carrots w/Dip Biscuit	Brunch for Lunch <b>OR</b> Uncrustable 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 <b>OR</b> Fish w/Bun Fries Corn Pasta Salad Carrots w/Dip	
<b>GRILL SHOP</b>					
Hamburger/Cheeseburger w/Bun OR Corn Dog 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	
<b>PIZZERIA</b>					
Cheese Pizza <b>OR</b> Cheeseburger/Bun/Fries Corn Garden Salad Carrots w/Dip	Pepperoni Pizza <b>OR</b> Cheeseburger/Bun/Fries Corn Garden Salad Broccoli w/Dip	Cheese Sticks w/Sauce <b>OR</b> Calzones w/Sauce Baked Beans Garden Salad Carrots w/Dip	Buffalo Chicken Pizza <b>OR</b> Pepperoni Pizza Corn Garden Salad Broccoli & Carrots w/Dip	Cheese Pizza <b>OR</b> Chicken Basket w/Roll Corn Garden Salad Carrots w/Dip	
<b>SUB &amp; SALAD</b>					
Boxed Entré Salad Choice <b>OR</b> Nachos/Cheese & Chips <b>OR</b> Deli Sandwich Box/Chips/Juice Garden Salad Carrots w/Dip	Boxed Entré Salad Choice <b>OR</b> Deli Sandwich Box/Chips/Juice OR Philly Steak Cheese w/Bun Garden Salad Tomato, Pickle, Onion & Lettuce Broccoli w/Dip	Boxed Entré Salad Choice <b>OR</b> Burrito Mexican Rice, Queso Cheese Salsa, Black Beans Carrots w/Dip Tomato, Onion & Lettuce Garden Salad	Boxed Entré Salad Choice <b>OR</b> Deli Sandwich Box/Chips/Juice OR Meatball Sub w/Bun Garden Salad Tomato, Pickle, Onion & Lettuce Broccoli & Carrots w/Dip	Boxed Entré Salad Choice <b>OR</b> Nachos/Cheese & Chips <b>OR</b> Deli Sandwich Box/Chips/Juice Garden Salad Baked Potatoes 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.					

A Variety of Milk Choices Offered Daily.

## 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.....	\$1.00
Small Plain Water.....	\$0.60
Large Plain Water.....	\$1.00
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

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AUGUST 2018					SEPTEMBER 2018					OCTOBER 2018					NOVEMBER 2018					DECEMBER 2018					JANUARY 2019					FEBRUARY 2019					MARCH 2019					APRIL 2019					MAY 2019				
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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6	7	8	9	10	10	11	12	13	14	8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11	4	5	6	7	8	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
13	14	15	16	17	17	18	19	20	21	15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	11	12	13	14	15	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
20	21	22	23	24	24	25	26	27	28	22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25	18	19	20	21	22	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24
27	28	29	30	31						29	30	31			26	27	28	29	30	31					28	29	30	31		25	26	27	28		25	26	27	28	29	29	30				27	28	29	30	31

Calendar Legend	
Week 1	
Week 2	
No School	