

Adams County Ohio Valley School District

High School Lunch Menu

November 2018-2019






**A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is served with each meal.

Student Lunch - \$3.00

Extra Milk - \$0.50

Adult Lunch - \$3.50

The last day to charge for the 2018-2019 school year will be Friday, May 10th, 2019.

Monday	Tuesday	Wednesday	Thursday	Friday
November 5	November 6	November 7	November 8	November 9
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	Cheesy Breadsticks w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Strawberries Applesauce	Cook's Appreciation Day! <i>Pulled Pork BBQ on bun</i> Steamed Lima Beans Steamed Carrots Crisp Romaine Salad Peaches Fresh Fruit	Walking Taco w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Dog w/sauce on bun</i> Baked Beans Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
November 12	November 13	November 14	November 15	November 16
No School  Veteran's Day	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Peaches Craisins	Thanksgiving Luncheon <i>Oven Roasted Turkey w/roll</i> Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Hot Cinnamon Apples Mandarin Oranges Yum-Yum Pie **No Alternate Choices**	<i>Chicken Parmesan Sandwich</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Sloppy Joe on bun</i> Steamed Broccoli Fresh Veggies/Dip Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
November 19	November 20	November 21	November 22	November 23
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	<i>Pizza Burger on bun</i> Steamed Green Beans Steamed Corn Crisp Romaine Salad Peaches Fruit Cup	No School  Thanksgiving Break	No School  Thanksgiving Day	No School  Thanksgiving Break
November 26 *	November 27	November 28	November 29	November 30
No School  Thanksgiving Break	<i>Salisbury Steak w/mini breadstick</i> Deli Potato Roasters Steamed Brussels Sprouts Peaches Applesauce	<i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Pineapple	Pizza Quesadilla w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	<i>Boneless Chicken Wings w/roll</i> Steamed Carrots Steamed Broccoli w/cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

National School Lunch Program Meal Pattern Information

The Federal Government USDA guidelines for the National School Lunch Program (NSLP) offer students 5 meal components daily. The daily components consist of...**grain, meat/meat alternate, vegetable, fruit and fluid milk**. Each student may take all 5 components or as few as 3 components to receive a reimbursable meal. If a student chooses to take only 3 components, one component **MUST** be a fruit or a vegetable for the meal to be a reimbursable meal. A student may take as little as ½ cup serving of a fruit and/or vegetable or as much as a 1 cup serving of a fruit or a vegetable.

Students may take **ALL fruit and vegetable** choices offered daily, if they choose.

Students **MUST** take at least 3 of the 5 components offered daily, one of the 3 items taken **MUST** be a **fruit** or a **vegetable**.

Additional entrée choices served daily unless noted: Pizza (everyday), hamburger on bun (M, W, F) and chicken patty on bun (T, TH)

Whole Grain Rich options are in bold print and are offered daily.

100% fruit juice is offered **Tuesdays** as a fruit choice when available.

The menu is subject to change without notice due to price and availability of food.

© denotes new items

***Meal account balances can be checked by calling your child's school or the Child Nutrition Department.**

****This institution is an equal opportunity provider****