

# Adams County Ohio Valley School District

## High School Lunch Menu


October 2018-2019

Student Lunch - \$3.00

\*\*A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is served with each meal.  
Extra Milk - \$0.50

Adult Lunch - \$3.50

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 1 *</b>	<b>October 2</b>	<b>October 3</b>	<b>October 4</b>	<b>October 5</b>
<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/mini breadstick</i> Homemade <b>Macaroni</b> & Cheese Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<b>30-Day Carryover Meal Status Expires!</b> <b>Soft Taco</b> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	© <i>Honey BBQ Beef Rib Patty on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>October 8</b>	<b>October 9</b>	<b>October 10</b>	<b>October 11</b>	<b>October 12</b>
<b>No School!</b>  <b>Columbus Day!</b>	<b>Pork Patty on bun</b> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	<i>Cheesy Breadsticks</i> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	<b>Walking Taco</b> w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce &amp; tomato</i> Baked Beans Steamed Mixed Vegetables Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>October 15</b>	<b>October 16</b>	<b>October 17</b>	<b>October 18</b>	<b>October 19</b>
<i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	<i>Pasta w/meat sauce &amp; cheese &amp; garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Chicken Burrito</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears	<i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>October 22</b>	<b>October 23</b>	<b>October 24</b>	<b>October 25</b>	<b>October 26</b>
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	<b>Corn Dog</b> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	© <i>Tangerine Chicken w/steamed rice &amp; fortune cookie</i> Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit	<b>Walking Taco</b> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries	<i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Mixed Vegetables Steamed Sweet Potato Fries Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>October 29 *</b>	<b>October 30</b>	<b>October 31</b>	<b>November 1</b>	<b>November 2</b>
<i>Boneless Chicken Wings w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/mini breadstick</i> Homemade <b>Macaroni</b> & Cheese Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<b>Happy Halloween!!</b> <i>Pizza Burger on bun</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	© <i>Homemade Chicken Tortilla Soup</i> w/ <b>Tostito's Scoops® &amp; Cheese Quesadilla</b> Refried Beans Steamed Corn Pears Craisins	<i>Hot Ham &amp; Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>National School Lunch Program Meal Pattern Information</b>				
The Federal Government USDA guidelines for the National School Lunch Program (NSLP) offer students 5 meal components daily. The daily components consist of... <b>grain, meat/meat alternate, vegetable, fruit and fluid milk</b> . 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 <b>MUST</b> 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 <b>ALL</b> fruit and vegetable choices offered daily, if they choose.				
Students <b>MUST</b> take at least 3 of the 5 components offered daily, one of the 3 items taken <b>MUST</b> be a <b>fruit</b> or a <b>vegetable</b> .				

**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\*\***