















<p>Lunch Prices Lunch - \$2.50 Milk - \$0.50 Adult - \$3.50 © denotes new items</p>		<p align="center">ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT October Menu 2018-19 ELEMENTARY K-6 LUNCH MENU WORD OF THE MONTH IS "Responsibility" www.ovsd.us</p>				<p>*The menu is subject to change without notice due to price and availability of food.</p>
<p align="center">The last day to charge for the 2018-2019 school year will be Friday, May 10th, 2019.</p>						
 <p>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center">Monday October 1 *</p> <p><i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple</p>	<p align="center">Tuesday October 2</p> <p><i>Salisbury Steak w/Texas Toast</i> Homemade Macaroni & Cheese Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce</p>	<p align="center">Wednesday October 3</p> <p><i>Ravioli w/Texas Toast</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p align="center">Thursday October 4</p> <p>30-Day Carryover Meal Status Expires! Soft Taco w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins</p>	<p align="center">Friday October 5</p> <p>© <i>Honey BBQ Beef Rib Patty on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>	
<p>Alternate Entrées (served daily unless noted) * PB Sandwich w/cheese stick ** Cheese Sandwich w/cheese stick *** Pizza</p>	<p align="center">Monday October 8</p> <p align="center">No School!</p>  <p align="center">Columbus Day!</p>	<p align="center">Tuesday October 9</p> <p><i>Cheeseburger Deluxe on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Applesauce</p>	<p align="center">Wednesday October 10</p> <p><i>Cheesy Breadsticks w/marinara sauce</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit</p>	<p align="center">Thursday October 11</p> <p>Nacho Scoops w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p align="center">Friday October 12</p> <p><i>Hot Dog on bun</i> Baked Beans Steamed Mixed Vegetables Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>	
 <p>Whole Grain Rich (WGR) options are in bold print and are offered daily.</p>	<p align="center">Monday October 15 Tuesday October 16 Wednesday October 17 Thursday October 18 Friday October 19</p> <p align="center">National School Lunch Week</p>					
 <p>A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.</p>	<p align="center">Monday October 22</p> <p><i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries</p>	<p align="center">Tuesday October 23</p> <p><i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins</p>	<p align="center">Wednesday October 24</p> <p><i>Pasta w/meat sauce & cheese w/garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p align="center">Thursday October 25</p> <p>Fajita Wrap w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears</p>	<p align="center">Friday October 19</p> <p><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>	
 <p>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center">Monday October 29 *</p> <p><i>Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce</p>	<p align="center">Tuesday October 30</p> <p><i>Corn Dog</i> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p align="center">Wednesday October 24</p> <p><i>Pizza Burger on bun</i> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Peaches Fresh Fruit</p>	<p align="center">Thursday October 25</p> <p>Walking Taco w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries</p>	<p align="center">Friday October 26</p> <p><i>Fish Shapes w/mini breadstick</i> Steamed Lima Beans Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>	
 <p>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center">Monday October 29 *</p> <p><i>Chicken Rings w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple</p>	<p align="center">Tuesday October 30</p> <p><i>Salisbury Steak w/Texas Toast</i> Homemade Macaroni & Cheese Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce</p>	<p align="center">Wednesday October 31</p> <p>Happy Halloween!! <i>Italian Pepperoni Calzone w/marinara sauce</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p align="center">Thursday November 1</p> <p>© <i>Homemade Chicken Tortilla Soup w/Tostito's Scoops®</i> Refried Beans Steamed Corn Pears Craisins</p>	<p align="center">Friday November 2</p> <p><i>Hot Ham & Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>	
 <p>100% fruit juice is offered on Tuesdays as a fruit choice when available.</p>	 <p>Students may take ALL fruit and vegetable choices offered daily, if they choose.</p>	<p align="center">National School Lunch Program Meal Pattern Information</p> <p>The Federal Government guidelines for the National School Lunch Program (NSLP) are as follows...students will be offered 5 meal components daily. The daily components will consist of...grains, meat/meat alternates, vegetables, fruits 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 and/or a vegetable. Students may take ALL fruit and vegetable choices offered daily, if they choose.</p>		 <p>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.</p>		
<p align="center">*Meal account balances and on-line payment options are available at MySchoolBucks.com; it's as easy as setting up an account for your student(s)!</p>						
<p align="center">*This institution is an equal opportunity provider*</p>						