

Adams County Ohio Valley School District

High School Lunch Menu

September 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
September 3 *	September 4	September 5	September 6	September 7
No School!  Labor Day!	Corn Dog Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	Pasta w/meat sauce & cheese & garlic mini breadstick Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Soft Taco w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	Buffalo Chicken Wrap w/lettuce & tomato Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
September 10	September 11	September 12	September 13	September 14
Chicken Strips w/roll Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	Patriot Day!! Pulled Pork BBQ on bun Seasoned Waffle Fries Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	Cheesy Breadsticks w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	Walking Taco w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	Hot Dog w/sauce on bun Baked Beans Steamed Mixed Vegetables Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
September 17	September 18	September 19	September 20	September 21
Hot & Spicy Popcorn Chicken w/roll Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	Salisbury Steak w/Texas Toast Baked Potato Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	Chili w/PB Sandwich & Cheez-Its Steamed Mixed Vegetables Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Fajita Wrap w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears	Welcome Fall! Baked Ham w/Texas Toast Scalloped Potatoes Steamed Green Beans Crisp Romaine Salad Steamed Corn SideKicks® Frozen Juice Fruit Cup Fresh Baked Cookie *No additional entrées will be offered*
September 24	September 25	September 26	September 27	September 28
Spicy Chicken Patty Deluxe on bun Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	General Tso w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit	Walking Taco w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries	Fish w/cheese on bun Steamed Mixed Vegetables Baked Sweet Potato Fries Cottage 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****