


Adams County Ohio Valley School District

High School Lunch Menu

February 2011-2012

*Whole wheat/whole grain options are in **bold** print.
Student Lunch - \$2.50

**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 - \$3.25

Monday	Tuesday	Wednesday	Thursday	Friday
February 6	February 7	February 8	February 9	February 10
<i>Chicken Strips w/breadstick</i> Baked Sweet Potato Fries Pears	♣ <i>Soup Day</i> w/grilled cheese on *WW & crackers Carrots/Celery/Dip Applesauce	<i>Salisbury Steak w/breadstick</i> Mashed Potatoes w/gravy Mandarin Oranges	<i>Hot Philly Sub</i> Steamed Mixed Vegetables Fresh Banana	♣ <i>Cheesy Breadsticks</i> w/marinara sauce Steamed Green Beans Peaches
February 13	February 14	February 15	February 16	February 17
<i>Cook's Choice Entrée</i> Steamed Broccoli w/cheese Cherries	Valentine's Day Luncheon Popcorn Chicken w/breadstick Steamed Green Beans Peaches Fresh Baked Cake	<i>Chicken Bacon Ranch Wrap</i> Steamed Peas & Carrots Pineapple Cottage Cheese	*WG Lasagna w/garlic breadstick Fresh Veggies/Dip Pears	<i>Spicy Chicken on Bun</i> Steamed Lima Beans Fresh Orange Slices
February 20	February 21	February 22	February 23	February 24
No School!  President's Day!	<i>Hot Ham & Cheese on *WW Bun</i> Steamed Carrots Pears	Ash Wednesday <i>Chicken & Noodles w/breadstick</i> Broccoli/Carrots/Dip Fruit Cocktail	<i>Nachos w/"the works" (lettuce, tomato, cheese, sour cream & salsa)</i> Corn on the Cob Fresh Apple Slices	♣ <i>Cheesy Breadsticks</i> w/marinara sauce Steamed Green Beans Peaches
February 27	February 28	February 29	March 1	March 2
National Strawberry Day Cheese Coney Baked Beans Strawberries w/fresh bananas	<i>General Tso w/steamed rice</i> & fortune cookie Stir-Fry Vegetables Mandarin Oranges w/blueberries	♥ <i>Club Sandwich</i> w/lettuce & tomato on WW Steamed Green Beans Pineapple	<i>Chicken Nuggets w/breadstick</i> New Potatoes Cherries	♣ <i>Mozzarella Cheese Sticks</i> w/marinara sauce Cook's Choice Veggie Pears

♣ Meatless Choice

♥ Heart Healthy Choices

Students **MUST** take at least 3 of the 5 components offered

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

Side salads will be offered daily as a vegetable choice.

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

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

This organization is an equal opportunity provider and employer