











| <b>Lunch Prices</b><br>Lunch - \$2.50<br>Milk - \$0.50<br>Adult - \$3.50<br>© denotes new items   |    | <b>ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT</b><br><b>February Menu</b><br><b>2017-18 ELEMENTARY K-6 LUNCH MENU</b><br><b>WORD OF THE MONTH IS "Fairness"</b><br><a href="http://www.ovsd.us">www.ovsd.us</a>   |   |  |   | <b>*The menu is subject to change without notice due to price and availability of food.</b> |
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| <b>The last day to charge for the 2017-2018 school year will be Friday, May 11<sup>th</sup>, 2018.</b>  |  |   |   |  |   |   |
| <br>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.                    | <b>Monday</b><br><b>January 29*</b><br><i>Cook's Choice Entrée</i><br>Steamed Carrots<br>Steamed Peas<br>Crisp Romaine Salad<br>Peaches<br>Pineapple                           | <b>Tuesday</b><br><b>January 30</b><br><i>Cook's Choice Entrée</i><br>Steamed Mixed Vegetables<br>Steamed Brussels Sprouts<br>Crisp Romaine Salad<br>Mandarin Oranges<br>Applesauce   | <b>Wednesday</b><br><b>January 31</b><br><i>Ravioli w/Texas Toast</i><br>Steamed Green Beans<br>Fresh Veggies/Dip<br>Crisp Romaine Salad<br>Fruit Cocktail<br>Fresh Fruit   | <b>Thursday</b><br><b>February 1</b><br>© <i>Homemade Taco Soup w/Tostito's Scoops®</i><br>Refried Beans<br>Steamed Corn<br>Pears<br>Craisins  | <b>Friday</b><br><b>February 2</b><br><i>Hot Ham &amp; Cheese on bun</i><br>Deli Potato Roasters<br>Steamed Broccoli<br>Crisp Romaine Salad<br>SideKicks® Frozen Juice<br>Fruit Cup   |   |
| <b>Alternate Entrées</b> (served daily unless noted)<br>* PB <b>Sandwich</b> w/cheese stick<br>** Cheese <b>Sandwich</b> w/cheese stick<br>*** <b>Pizza</b>                                   | <b>Monday</b><br><b>February 5</b><br><i>Chicken Strips w/roll</i><br>Steamed Sweet Potatoes<br>Steamed Green Beans<br>Crisp Romaine Salad<br>Pears<br>Raisins                 | <b>Tuesday</b><br><b>February 6</b><br><i>Cheeseburger Deluxe on bun</i><br>Baked Crispy Potatoes<br>Steamed Carrots<br>Crisp Romaine Salad<br>Strawberries<br>Peaches  | <b>Wednesday</b><br><b>February 7</b><br><i>Cheesy Breadsticks w/marinara sauce</i><br>Steamed Spinach<br>Fresh Veggies/Dip<br>Crisp Romaine Salad<br>Applesauce<br>Fresh Fruit   | <b>Thursday</b><br><b>February 8</b><br><i>Nacho Scoops w/lettuce, tomato, cheese &amp; salsa</i><br>Steamed California Blend<br>Steamed Corn<br>Pineapple<br>Fruit Cocktail   | <b>Friday</b><br><b>February 9</b><br><i>Hot Dog on bun</i><br>Baked Beans<br>Cole Slaw<br>Cottage Cheese<br>Crisp Romaine Salad<br>SideKicks® Frozen Juice<br>Fruit Cup              |   |
| <br><b>Whole Grain Rich (WGR)</b> options are in <b>bold</b> print and are offered daily.                     | <b>Monday</b><br><b>February 12</b><br><i>Popcorn Chicken w/roll</i><br>Steamed Carrots<br>Steamed Seasoned Cabbage<br>Crisp Romaine Salad<br>Pineapple<br>Cherries            | <b>Tuesday</b><br><b>February 13</b><br><i>Tony's® French Bread Pizza</i><br>Steamed Green Beans<br>Fresh Veggies/Dip<br>Crisp Romaine Salad<br>Fruit Cocktail<br>Craisins  | <b>Wednesday</b><br><b>February 14</b><br><b>Valentine's Day Luncheon</b><br><i>Chicken Drumstick w/Texas Toast</i><br>Mashed Potatoes w/gravy<br>Steamed Broccoli<br>Crisp Romaine Salad<br>Peaches<br>Fresh Fruit<br>Fresh Baked Cookie<br><b>*No alternate entrées will be offered.*</b> | <b>Thursday</b><br><b>February 15</b><br><i>Fajita Wrap w/lettuce, tomato, cheese &amp; salsa</i><br>Refried Beans<br>Steamed Corn<br>Mandarin Oranges<br>Pears  | <b>Friday</b><br><b>February 16</b><br><i>Sloppy Joe on bun</i><br>Steamed Peas<br>Cole Slaw<br>Crisp Romaine Salad<br>SideKicks® Frozen Juice<br>Fruit Cup                           |   |
| <br>A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal. | <b>Monday</b><br><b>February 19</b><br><b>No School</b><br><br><b>Presidents' Day</b>       | <b>Tuesday</b><br><b>February 20</b><br><b>Corn Dog</b><br>Baked Beans<br>Steamed Cauliflower w/cheese<br>Crisp Romaine Salad<br>Pears<br>Pineapple   | <b>Wednesday</b><br><b>February 21</b><br><i>Chic' Penne w/garlic mini breadstick</i><br>Steamed Green Beans<br>Steamed Mixed Vegetables<br>Crisp Romaine Salad<br>Fruit Cocktail<br>Fresh Fruit  | <b>Thursday</b><br><b>February 22</b><br><b>Walking Taco w/lettuce, tomato, cheese &amp; salsa</b><br>Steamed Corn<br>Fresh Veggies/Dip<br>Raisins<br>Blueberries  | <b>Friday</b><br><b>February 23</b><br><i>Chicken Patty on bun</i><br>Roasted Redskin Potato Halves<br>Steamed Carrots<br>Crisp Romaine Salad<br>SideKicks® Frozen Juice<br>Fruit Cup |   |
| <br>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.                  | <b>Monday</b><br><b>February 26*</b><br><i>Chicken Nuggets w/roll</i><br>Steamed Carrots<br>Steamed Peas<br>Crisp Romaine Salad<br>Peaches<br>Pineapple                        | <b>Tuesday</b><br><b>February 27</b><br><i>Salisbury Steak w/Texas Toast</i><br>Baked Potato<br>Steamed Brussels Sprouts<br>Crisp Romaine Salad<br>Mandarin Oranges<br>Applesauce   | <b>Wednesday</b><br><b>February 28</b><br><i>Italian Pepperoni Calzone</i><br>Steamed Green Beans<br>Fresh Veggies/Dip<br>Crisp Romaine Salad<br>Fruit Cocktail<br>Fresh Fruit  | <b>Thursday</b><br><b>March 1</b><br><b>Soft Taco w/lettuce, tomato, cheese &amp; salsa</b><br>Refried Beans<br>Steamed Corn<br>Pears<br>Craisins  | <b>Friday</b><br><b>March 2</b><br><i>Hot Ham &amp; Cheese on bun</i><br>Steamed Mixed Vegetables<br>Steamed Broccoli<br>Crisp Romaine Salad<br>SideKicks® Frozen Juice<br>Fruit Cup  |   |
| <br>100% fruit juice is offered on <b>Tuesdays</b> as a fruit choice when available.                       | <br>Students may take <b>ALL fruit and vegetable</b> choices offered daily, if they choose. | <b>National School Lunch Program Meal Pattern Information</b><br>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. |   | <br>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> |   |   |
| <b>*Meal account balances can be checked by calling your child's school or the Child Nutrition Department.</b>  |  |   |   |  |   |   |
| <b>**This institution is an equal opportunity provider**</b>  |  |   |   |  |   |   |