

Adams County Ohio Valley School District

High School Lunch Menu

December 2017-2018








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 2017-2018 school year will be Friday, May 11th, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday
November 27	November 28	November 29	November 30	December 1
No School  Thanksgiving Break	<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Pasta w/meat sauce & cheese</i> w/*WGR garlic mini breadstick Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Homemade Taco Pie</i> <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Craisins	<i>Fish w/cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
December 4	December 5	December 6	December 7	December 8
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	Pork Patty on bun Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit	Walking Taco <i>w/lettuce, tomato, cheese & salsa</i> Fiesta Rice Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce & tomato</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
December 11	December 12	December 13	December 14	December 15
<i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	© <i>Garlic Flatbread Pizza w/marinara sauce</i> Steamed Broccoli Steamed Mixed Vegetables Crisp Romaine Salad Fruit Cocktail Craisins	Christmas Luncheon <i>Hot Ham & Cheese on bun</i> Hashbrown Casserole Steamed Green Beans Mandarin Oranges Applesauce Fresh Baked Cookie *No additional entrées will be offered*	Fajita Wrap <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Peaches Pears	<i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
December 18	December 19	December 20	December 21	December 22
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce	Walking Taco <i>w/lettuce, tomato, cheese & salsa</i> Fiesta Rice Steamed Corn Refried Beans Craisins Blueberries	<i>General Tso w/steamed rice & fortune cookie</i> Stir-Fry Vegetables Steamed Mixed Vegetables Fruit Cocktail Pineapple	Corn Dog Steamed Peas Steamed Cauliflower w/cheese Pears Fruit Cup	No School  Christmas Break
December 25	December 26	December 27	December 28	December 29
No School  Christmas Break	No School  Christmas Break	No School  Christmas Break	No School  Christmas Break	No School  Christmas Break

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**