

Adams County Ohio Valley School District

High School Lunch Menu

February 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
January 29*	January 30	January 31	February 1	February 2
<i>Cook's Choice Entrée</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Cook's Choice Entrée</i> Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<i>Italian Pepperoni Calzone</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Homemade Taco Soup w/Tostito's Scoops® & Cheese Quesadilla</i> Refried Beans Steamed Corn Pears Craisins	<i>Hot Ham & Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 5	February 6	February 7	February 8	February 9
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Raisins	<i>Pulled Pork BBQ on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches	<i>Cheesy Breadstick w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit	<i>Walking Taco</i> w/lettuce, tomato, cheese & salsa 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
February 12	February 13	February 14	February 15	February 16
<i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Tony's® French Bread Pizza</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Craisins	Valentine's Day Luncheon <i>Oven Baked Chicken w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli Crisp Romaine Salad Peaches Fresh Fruit Fresh Baked Cookie *No alternate entrées will be offered*	<i>Fajita Wrap</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears	<i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 19	February 20	February 21	February 22	February 23
No School  Presidents' Day	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	<i>General Tso</i> w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Walking Taco w/lettuce, tomato, cheese & salsa Fiesta Rice Steamed Corn Fresh Veggies/Dip Raisins Blueberries	<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 26*	February 27	February 28	March 1	March 2
<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/mini breadstick</i> Baked Potato Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<i>Italian Pepperoni Calzone</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Homemade Taco Pie</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	<i>Hot Ham & Cheese on bun</i> Steamed Mixed Vegetables Steamed Broccoli 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****