

# Adams County Ohio Valley School District

## Junior 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 11<sup>th</sup>, 2018.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 27</b>	<b>November 28</b>	<b>November 29</b>	<b>November 30</b>	<b>December 1</b>
<b>No School</b>  <b>Thanksgiving Break</b>	<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Pasta w/meat sauce &amp; cheese w/garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Homemade Taco Pie w/lettuce, tomato, cheese &amp; 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
<b>December 4</b>	<b>December 5</b>	<b>December 6</b>	<b>December 7</b>	<b>December 8</b>
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	<b>Pork Patty on bun</b> 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	<b>Nacho Scoops</b> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce &amp; tomato</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>December 11</b>	<b>December 12</b>	<b>December 13</b>	<b>December 14</b>	<b>December 15</b>
<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	<span style="color: red;"><b>Christmas Luncheon</b></span> <i>Hot Ham &amp; Cheese on bun</i> Hashbrown Casserole Steamed Green Beans Mandarin Oranges Applesauce Fresh Baked Cookie *No additional entrées will be offered*	<b>Fajita Wrap</b> <i>w/lettuce, tomato, cheese &amp; 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
<b>December 18</b>	<b>December 19</b>	<b>December 20</b>	<b>December 21</b>	<b>December 22</b>
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce	<b>Nacho Scoops</b> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed Corn Refried Beans Craisins Blueberries	<i>General Tso &amp; fortune cookie</i> Stir-Fry Vegetables Steamed Mixed Vegetables Fruit Cocktail Fresh Fruit	<b>Corn Dog</b> Steamed Peas Steamed Cauliflower w/cheese Pears Pineapple	<b>No School</b>  <b>Christmas Break</b>
<b>December 25</b>	<b>December 26</b>	<b>December 27</b>	<b>December 28</b>	<b>December 29</b>
<b>No School</b>  <b>Christmas Break</b>	<b>No School</b>  <b>Christmas Break</b>	<b>No School</b>  <b>Christmas Break</b>	<b>No School</b>  <b>Christmas Break</b>	<b>No School</b>  <b>Christmas Break</b>

### 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 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\*\***