







Lunch Prices Lunch - \$2.50 Milk - \$0.50 Adult - \$3.50 ☺ denotes new items		<p align="center"> ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT October Menu 2017-18 ELEMENTARY K-6 LUNCH MENU WORD OF THE MONTH IS "Responsibility" www.ovsd.us </p>		*The menu is subject to change without notice due to price and availability of food.
---	---	--	---	---




The last day to charge for the 2017-2018 school year will be Friday, May 11th, 2018.

 Our staff encourage & teach students to make healthy choices for a healthy lifestyle. 	Monday October 2	Tuesday October 3	Wednesday October 4	Thursday October 5	Friday October 6
	<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/Texas Toast</i> Homemade Macaroni & Cheese Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<i>Ravioli w/Texas Toast</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	30-Day Carryover Meal Status Expires Soft Taco <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Raisins	<i>Hot Ham & Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

Alternate Entrées (served daily unless noted) * PB Sandwich w/cheese stick ** Cheese Sandwich w/cheese stick *** Pizza	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
	<p align="center">No School</p>  <p align="center">Columbus Day</p>	<i>Cheeseburger Deluxe on bun</i> 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	<i>Nacho Scoops w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Dog on *WGR bun</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

 Whole Grain Rich (WGR) options are in bold print and are offered daily.	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
	<i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Salisbury Steak w/Texas Toast</i> New Potatoes Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Raisins	<i>Pasta w/meat sauce & cheese w/garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	<i>Fajita Wrap w/lettuce, tomato, cheese & salsa</i> 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

 A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
	<i>Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	☺ <i>Chic' Penne w/garlic mini breadstick</i> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Walking Taco <i>w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Raisins Blueberries	<i>Fish Shapes w/roll</i> Steamed Lima Beans Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

 100% fruit juice is offered on Tuesdays as a fruit choice when available.	 Students may take ALL fruit and vegetable choices offered daily, if they choose.	<p align="center"> National School Lunch Program Meal Pattern Information </p> 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 MUST take at least 3 of the 5 components offered daily, one of the 3 items taken MUST be a fruit or a vegetable.
---	--	--	--

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

This institution is an equal opportunity provider