











<p>Lunch Prices Lunch - \$2.50 Milk - \$0.50 Adult - \$3.50 © denotes new items</p>		<p align="center">ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT September Menu 2017-18 ELEMENTARY K-6 LUNCH MENU WORD OF THE MONTH IS "Self-Discipline" www.ovsd.us</p>		<p>*The menu is subject to change without notice due to price and availability of food.</p>	
<p align="center">The last day to charge for the 2017-2018 school year will be Friday, May 11th, 2018.</p>					
 <p>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center">Monday September 4</p> <p align="center">No School</p>  <p align="center">Labor Day</p>	<p align="center">Tuesday September 5</p> <p><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad Peaches Pineapple</p>	<p align="center">Wednesday September 6</p> <p><i>Italian Pepperoni Calzone</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p align="center">Thursday September 7</p> <p><i>Soft Taco</i> <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Raisins</p>	<p align="center">Friday September 8</p> <p><i>Hot Ham & Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
<p>Alternate Entrées (served daily unless noted) * PB Sandwich w/cheese stick ** Cheese Sandwich w/cheese stick *** Pizza</p>	<p align="center">Monday September 11</p> <p><i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Raisins</p>	<p align="center">Tuesday September 12</p> <p><i>Cheeseburger Deluxe on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches</p>	<p align="center">Wednesday September 13</p> <p><i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit</p>	<p align="center">Thursday September 14</p> <p><i>Nacho Scoops</i> <i>w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p align="center">Friday September 15</p> <p><i>Hot Dog on bun</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
 <p>Whole Grain Rich (WGR) options are in bold print and are offered daily.</p>	<p align="center">Monday September 18</p> <p><i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries</p>	<p align="center">Tuesday September 19</p> <p><i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Raisins</p>	<p align="center">Wednesday September 20</p> <p><i>Chili w/½ PB sandwich & Cheez-Its</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit</p>	<p align="center">Thursday September 21</p> <p><i>Fajita Wrap</i> <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Mandarin Oranges Pears</p>	<p align="center">Friday September 22</p> <p align="center">First Day of Fall</p> <p><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
 <p>A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.</p>	<p align="center">Monday September 25</p> <p><i>Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce</p>	<p align="center">Tuesday September 26</p> <p><i>Corn Dog</i> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p align="center">Wednesday September 27</p> <p align="center">National Chocolate Milk Day © <i>Chic' Penne</i> <i>w/garlic mini breadstick</i> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p align="center">Thursday September 28</p> <p><i>Walking Taco</i> <i>w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Raisins Blueberries</p>	<p align="center">Friday September 29</p> <p><i>Fish Shapes w/roll</i> Steamed Lima Beans Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
 <p>100% fruit juice is offered on Tuesdays as a fruit choice when available.</p>	 <p>Students may take ALL fruit and vegetable choices offered daily, if they choose.</p>	<p align="center">National School Lunch Program Meal Pattern Information</p> <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.</p>	 <p>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.</p>		
<p align="center">*Meal account balances can be checked by calling your child's school or the Child Nutrition Department.</p>					
<p align="center">**This institution is an equal opportunity provider**</p>					