

Adams County Ohio Valley School District

Junior High School Lunch Menu

April 2016-2017




**A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is served with each meal.

Student Lunch - \$3.00

Extra Milk - \$0.50

Adult Lunch - \$3.50

The last day to charge for the 2016-2017 school year will be Friday, May 12th, 2017.

Monday	Tuesday	Wednesday	Thursday	Friday
April 3	April 4	April 5	April 6	April 7
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Blueberries	<i>Pulled Pork BBQ 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</i> <i>w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Cook's Choice Entrée</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
April 10	April 11	April 12	April 13	April 14
<i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	Easter Luncheon <i>Oven Baked Chicken w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Mandarin Oranges Fresh Baked Cookie *No alternate entrées will be offered*	<i>Cook's Choice Entrée</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Pears	No School  Spring Break	No School  Good Friday
April 17	April 18	April 19	April 20	April 21
No School  Spring Break	<i>Corn Dog</i> Baked Beans Steamed Cauliflower w/cheese Pears Pineapple	<i>General Tso</i> w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Nacho Scoops</i> <i>w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Peaches Blueberries	<i>Tony's® French Bread Pizza</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
April 24	April 25	April 26	April 27	April 28
© <i>Southwestern Wrap</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/mini breadstick</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>Soft Taco</i> <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Strawberries	<i>Cook's Choice Entrée</i> Deli Potato Roasters 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 **MUST** take at least 3 of the 5 components offered, one of the 3 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****