

Adams County Ohio Valley School District

Junior High School Lunch Menu

September 2017-2018


**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 2017-2018 school year will be Friday, May 11th, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday
September 4	September 5	September 6	September 7	September 8
<p>No School</p>  <p>Labor Day</p>	<p><i>Slippy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad Peaches Pineapple</p>	<p><i>Italian Pepperoni Calzone</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p><i>Homemade Taco Pie w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Raisins</p>	<p><i>Hot Ham & Cheese on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 11	September 12	September 13	September 14	September 15
<p><i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Raisins</p>	<p><i>Pulled Pork BBQ on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches</p>	<p><i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit</p>	<p><i>Nacho Scoops w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p><i>Hot Italian Sub w/lettuce & tomato</i> Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 18	September 19	September 20	September 21	September 22
<p><i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries</p>	<p><i>Salisbury Steak w/roll</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Raisins</p>	<p>© Chic' <i>Penne w/cheese & garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit</p>	<p><i>Fajita Wrap w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Mandarin Oranges Pears</p>	<p>First Day of Fall <i>Pizza Burger on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 25	September 26	September 27	September 28	September 29
<p><i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce</p>	<p>Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p><i>General Tso w/steamed rice & fortune cookie</i> Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p><i>Nacho Scoops w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Raisins Blueberries</p>	<p><i>Fish w/cheese on bun</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

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****