




<b>Lunch Prices</b> Lunch - \$2.00 Milk - \$0.50 Adult - \$3.00		<b>ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT</b> <b>August/September Menu</b> <b>ELEMENTARY K-6 LUNCH MENU</b> <b>WORD OF THE MONTH IS "Self-Discipline"</b> <a href="http://www.ovsd.us">www.ovsd.us</a>				*The menu is subject to change without notice due to price and availability of food.
Our staff encourage & teach students to make healthy choices for a healthy lifestyle.	<b>Monday</b> <b>August 23</b>	<b>Tuesday</b> <b>August 24</b>	<b>Wednesday</b> <b>August 25</b>	<b>Thursday</b> <b>August 26</b>	<b>Friday</b> <b>August 27</b>	
	<i>Corn Dog</i> & Pasta, Salad, Vegetables, Fruit	<i>Sloppy Joe on Bun</i> & Pasta, Salad, Vegetables, Fruit	<i>Fajita Wrap</i> w/lettuce, tomato, cheese & salsa & Pasta, Salad, Vegetables, Fruit	<i>Chicken Patty Deluxe</i> on * <i>WW Bun</i> & Pasta, Salad, Vegetables, Fruit	<i>Banana Lover's Day</i> <i>Grilled Cheese</i> <i>Sandwich</i> & Pasta, Salad, Vegetables, Fruit	
<b>How self-serve works:</b> - The entrée is served - Side items are self-serve - Students may select salad, fruits & vegetables	<b>August 30</b>	<b>August 31</b>	<b>September 1</b>	<b>September 2</b>	<b>September 3</b>	
	<i>Salisbury Steak</i> w/hot roll & Pasta, Salad, Vegetables Fruit	<i>Homemade Chicken Noodle Casserole</i> & Pasta, Salad, Vegetables Fruit	<i>Chicken Strips</i> w/breadstick & Pasta, Salad, Vegetables Fruit	<i>Deli Wrap</i> w/lettuce & tomato & Pasta, Salad, Vegetables Fruit	<i>Welcome Back Luncheon</i> <i>Hot Ham &amp; Cheese</i> on Bun Scalloped Potatoes Steamed Green Beans Fresh Fruit Choice Fresh Baked Cake	
	<b>September 6</b>	<b>September 7</b>	<b>September 8</b>	<b>September 9</b>	<b>September 10</b>	
	<b>No School!!</b>  <b>Labor Day!!</b>	<i>Chicken Nuggets</i> w/breadstick & Pasta, Salad, Vegetables, Fruit	<i>Soup Day</i> <i>Grilled Cheese</i> <i>Sandwich &amp; crackers</i> & Pasta, Salad, Vegetables, Fruit	<i>Soft Taco</i> w/lettuce, tomato, cheese & salsa & Pasta, Salad, Vegetables, Fruit	<i>Fish on *WW Bun</i> Cottage Cheese & Pasta, Salad, Vegetables, Fruit	
<b>Alternate Entrées</b> (served daily unless noted) - Pizza - Peanut Butter Sandwich - Cheese Sandwich	<b>September 13</b>	<b>September 14</b>	<b>September 15</b>	<b>September 16</b>	<b>September 17</b>	
	<i>Popcorn Chicken</i> w/bread & butter & Pasta, Salad, Vegetables, Fruit	<i>Hamburger Deluxe</i> on Bun & Pasta, Salad, Vegetables, Fruit	<i>*WG Spaghetti</i> w/meat sauce & garlic bread & Pasta, Salad, Vegetables, Fruit	<i>Chicken Patty Deluxe</i> on * <i>WW Bun</i> & Pasta, Salad, Vegetables, Fruit	<i>Cheesy Breadstick</i> w/marinara sauce & Pasta, Salad, Vegetables, Fruit	
Whole wheat/grain options are in <b>bold</b> print and offered at least once per week	<b>September 20</b>	<b>September 21</b>	<b>September 22</b>	<b>September 23</b>	<b>September 24</b>	
	<i>BBQ Rib on Bun</i> & Pasta, Salad, Vegetables, Fruit	<i>Chicken Leg</i> w/hot roll & Pasta, Salad, Vegetables, Fruit	<i>Hot Dog on Bun</i> & Pasta, Salad, Vegetables, Fruit	<i>Salisbury Steak</i> w/hot roll & Pasta, Salad, Vegetables, Fruit	<i>Nacho Scoops</i> w/lettuce, tomato, cheese & salsa & Pasta, Salad, Vegetables, Fruit	
A choice of skim, 1% white, 1% chocolate or 1% strawberry milk is served with each meal.	<b>September 27</b>	<b>September 28</b>	<b>September 29</b>	<b>September 30</b>	<b>October 1</b>	
	<i>Chicken Nuggets</i> w/bread & butter & Pasta, Salad, Vegetables, Fruit	<i>Cheeseburger Deluxe</i> on Bun & Pasta, Salad, Vegetables, Fruit	<i>Homemade Chicken Pot Pie</i> & Pasta, Salad, Vegetables, Fruit	<i>Chili w/crackers</i> <i>PB Sandwich</i> & Pasta, Salad, Vegetables, Fruit	<b>No School!</b> <b>Waiver Day!</b>	
September is <b>"National Cholesterol Education Month"</b> High levels of "good" cholesterol or <b>HDL</b> are linked to <b>lower</b> heart disease risk. High levels of "bad" cholesterol or <b>LDL</b> are linked to <b>higher</b> risk of heart disease. Make sure to eat foods with fewer saturated fats and trans fats to keep LDL levels low. Physical activity will help keep LDL levels low and HDL levels high.					Students <b>MUST</b> take at least 3 of the 5 components offered.	
<b>*Meal account balances can be checked by calling your child's school or the Child Nutrition Department.</b>						
*This organization is an equal opportunity provider and employer.*						