

# ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT BREAKFAST MENU

WORD OF THE MONTH IS "Self-Discipline"



## Welcome Back

### UNIVERSAL BREAKFAST

(Your child will have a nutritional breakfast **at no cost.**)

**Did you know that we serve complementary breakfasts every school day  
for all High School & Elementary students?**

**September is "Better Breakfast Month"...don't forget the most important meal of the day!**

**Help your child learn by encouraging them to eat a complementary school breakfast.**

**August/September 2010-2011      Menus Are Subject to Change      ☺ New Item      ½ Pint Milk Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 23</b>	<b>August 24</b>	<b>August 25</b>	<b>August 26</b>	<b>August 27</b>
Super Donut Graham Crackers	Fruit <b>or</b> 100% Juice Sausage & Cheese Biscuit	Fruit <b>or</b> 100% Juice 4oz. Yogurt 1 Cinnamon Toast Slice	Fruit <b>or</b> 100% Juice Breakfast Pizza	Fruit <b>or</b> 100% Juice Egg & Cheese Omelet 1 <b>WW</b> Toast Slice
<b>August 30</b>	<b>August 31</b>	<b>September 1</b>	<b>September 2</b>	<b>September 3</b>
Super Donut String Cheese	Fruit <b>or</b> 100% Juice Pancake Sausage Wrap	Fruit <b>or</b> 100% Juice Sausage Link on Bun	Fruit <b>or</b> 100% Juice Biscuit & Sausage Gravy	Fruit <b>or</b> 100% Juice Cereal Choice 1 <b>WW</b> Toast Slice
<b>September 6</b> <b>No School!</b>  <b>Labor Day!</b>	<b>September 7</b>	<b>September 8</b>	<b>September 9</b>	<b>September 10</b>
	Fruit <b>or</b> 100% Juice Egg & Cheese Biscuit	Fruit <b>or</b> 100% Juice 3 <b>WG</b> French Toast Sticks w/dip	Super Donut Cinnamon & Brown Sugar Oatmeal	Fruit <b>or</b> 100% Juice Biscuit & Jelly Sausage Patty
<b>September 13</b>	<b>September 14</b>	<b>September 15</b>	<b>September 16</b>	<b>September 17</b>
Fruit <b>or</b> 100% Juice Egg & Cheese Omelet 1 <b>WW</b> Toast Slice	Fruit <b>or</b> 100% Juice Breakfast Pizza	Super Donut Graham Crackers	Fruit <b>or</b> 100% Juice 4oz. Yogurt Graham Crackers	Fruit <b>or</b> 100% Juice Ham & Cheese on Mini Bun
<b>September 20</b>	<b>September 21</b>	<b>September 22</b>	<b>September 23</b>	<b>September 24</b>
Fruit <b>or</b> 100% Juice Sausage Link on Bun	Fruit <b>or</b> 100% Juice 2 Cinnamon Toast Slices	Fruit <b>or</b> 100% Juice Biscuit & Sausage Gravy	Fruit <b>or</b> 100% Juice Cereal Choice Pro-Ball Donut	Super Donut Sunflower Seeds
<b>September 27</b>	<b>September 28</b>	<b>September 29</b>	<b>September 30</b>	<b>October 1</b>
Fruit <b>or</b> 100% Juice <b>WG</b> Waffle Sausage Link	Fruit <b>or</b> 100% Juice 3 <b>WG</b> French Toast Sticks w/dip	Fruit <b>or</b> 100% Juice ☺ Chicken Biscuit	Super Donut Cinnamon & Brown Sugar Oatmeal	<b>No School!</b> <b>Waiver Day!</b>

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

**Students MUST take 3 of the 4 components offered to receive free breakfast.**

**\*\*High School ONLY!\*\***

**Every Monday, Wednesday & Friday we will offer high school students a choice of a regular breakfast menu or a Super Donut menu.**

This organization is an equal opportunity provider and employer.