

**ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT
HIGH SCHOOL GRADES 7-12 LUNCH MENU**

www.ovsd.us

WORD OF THE MONTH – “Citizenship”

March 2009-2010

☺ - New Items

Menus Are Subject To Change

MONDAY, March 1, 2010 – National Peanut Butter Lover’s Day ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Popcorn Chicken w/hot roll Corn Dog	Baked Crispy Potatoes Brussel Sprouts w/cheese Applesauce Fresh Fruit Choice	Peanut Butter Cookie

TUESDAY, March 2, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables–Choice of 2:	Bread/Grain – Choice of 1:
Homemade Meatloaf w/hot roll Pizza Steak Hoagie	Mashed Potatoes w/gravy Peas & Carrots Mandarin Oranges Fruit Cocktail	Frito Lay® Chip Choice

WEDNESDAY, March 3, 2010 ½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Footlong Cheese Coney Cook’s Choice Specialty Salad w/breadstick	Baked Beans Fresh Veggies/Dip Pineapple Cook’s Choice Fruit	Offered w/meat choice

THURSDAY, March 4, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Turkey Pot Pie Spicy Chicken Patty on WW Bun	Steamed Broccoli w/cheese Tossed Salad Banana Pears	PB Marshmallow Treat

FRIDAY, March 5, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
🌮 Homemade Bean Burrito w/cheese Cook’s Choice Entrée	Steamed Corn Mixed Vegetables Peaches Fruit Cup	Brownie

🌮 - Vegetarian Entrées

♥ - Heart Healthy Entrées

5 Component Complete Meal – Student must take 3 of 5 components

Component 1 (1 Meat/Meat Alternate)

Components 2 & 3 (2 Fruits or 2 Vegetables) or (1 Fruit & 1 Vegetable)

Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

Additional entrée choices offered Monday, Tuesday, Thursday, & Friday include: Pizza and hamburger on bun

No additional entrée choices will be offered on Wednesdays.

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

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MONDAY, March 8, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Pulled BBQ Pork on WW Bun Chicken Nuggets w/hot roll	Green Beans Cook’s Choice Vegetable Apple Slices Fresh Fruit Choice	Rice Pudding

TUESDAY, March 9, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Hot Italian Sub Southwestern Turkey/Chicken Wrap	Steamed California Blend w/cheese Steamed Corn Tropical Mixed Fruit Fruit Cup	No Bake Oatie

WEDNESDAY, March 10, 2010 ½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Chicken & Noodles w/breadstick ♥ Taco Salad w/breadstick (Complete Meal)	Steamed Carrots Steamed Peas Pineapple Orange Slices	Offered w/meat choice

THURSDAY, March 11, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Turkey Hot Brown Cook’s Choice Entrée	Mashed Potatoes w/gravy Tossed Salad Peaches Fruit Cocktail	Fresh Baked Cookie

FRIDAY, March 12, 2010 ½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Walking Taco w/lettuce, tomato, cheese & salsa Cajun Fish on Bun	Mixed Vegetables Carrots/Celery/Dip Pears Applesauce	Macaroni & Cheese

🌮 - Vegetarian Entrées

♥ - Heart Healthy Entrées

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Component 1 (1 Meat/Meat Alternate)

Components 2 & 3 (2 Fruits or 2 Vegetables) or (1 Fruit & 1 Vegetable)

Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

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MONDAY, March 15, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Chicken Patty on Bun Cook’s Choice Entrée	Steamed Peas Steamed Broccoli w/cheese Peaches Fruit Cup	Cook’s Choice Dessert

TUESDAY, March 16, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Meatball Sub ♥ Stacked Turkey w/cheese on WW bread	Steamed Corn Cook’s Choice Vegetable Hot Cinnamon Apples Mandarin Oranges	Pasta Salad

WEDNESDAY, March 17, 2010 – St. Patrick’s Day

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
🍌 Cheesy Breadsticks 🍌 Homemade Vegetable Soup w/grilled cheese & crackers	Green Beans Steamed Carrots Fruit Cocktail Banana	Offered w/meat choice

THURSDAY, March 18, 2010 – National Oatmeal Cookie Day

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Buffalo Popcorn Chicken w/hot roll ♥ Deli Wrap w/lettuce & tomato	Mixed Vegetables Tossed Salad Pineapple Applesauce	Oatmeal Cookie

FRIDAY, March 19, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruit/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
♥ Tuna Salad Pita Pocket Cook’s Choice Entrée	Baked Crispy Potatoes Fresh Veggies w/dip Pears Cook’s Choice Fruit	Choco-Peanut Butter Bar

🍌 - Vegetarian Entrées

♥ - Heart Healthy Entrées

5 Component Complete Meal – Student must take 3 of 5 components

Component 1 (1 Meat/Meat Alternate)

Components 2 & 3 (2 Fruits or 2 Vegetables) or (1 Fruit & 1 Vegetable)

Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

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MONDAY, March 22, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Chicken Nuggets w/hot roll ♥ Club Sandwich w/lettuce & tomato on WW bread	New Potatoes Steamed Carrots Pineapple Apple Slices	Fruit Cobbler/Crisp

TUESDAY, March 23, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Hot Ham & Cheese on Bun BBQ Rib Sub	Steamed Corn Cook’s Choice Vegetable Orange Slices Fruit Cocktail	Fresh Baked Cookie

WEDNESDAY, March 24, 2010

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Lasagna w/garlic breadstick Cook’s Choice Entrée	Green Beans Tossed Salad Tropical Mixed Fruit Pears	Offered w/meat choice

THURSDAY, March 25, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Fajita Wrap w/lettuce, tomato, cheese & salsa Cook’s Choice Entrée	Mixed Vegetables Carrots/Celery/Dip Peaches Fruit Cup	Cheesy Rice

FRIDAY, March 26, 2010 – Spinach Day

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Fish on Bun Chicken Strips w/hot roll	Baked Potato Spinach Applesauce Cottage Cheese w/fruit	Gold Fish Crackers®

🍌 - Vegetarian Entrées

♥ - Heart Healthy Entrées

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Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

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MONDAY, March 29, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Nachos w/”the works” (lettuce, tomato, cheese, sour cream & salsa) Chicken Patty on WW Bun	Steamed Corn Mixed Vegetables Applesauce Peaches	Cook’s Choice Dessert

TUESDAY, March 30, 2010 – Passover Begins

½ Pint Milk Choice

Easter Luncheon
Baked Ham w/hot roll Scalloped Potatoes Green Beans Fruit Cup Easter Treat

WEDNESDAY, March 31, 2010

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Chili w/pb sandwich & crackers Taco Pie w/beans & breadstick	Cook’s Choice Vegetable Fresh Veggies/Dip Mandarin Oranges Pears	Offered w/meat choice

THURSDAY, April 1, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Soft Taco w/lettuce, tomato, cheese & salsa Cook’s Choice Entrée	Green Beans Cook’s Choice Vegetable Pineapple Cook’s Choice Fruit	Cook’s Choice Dessert

FRIDAY, April 2, 2010

½ Pint Milk Choice

No School! Good Friday!

🥗 - Vegetarian Entrées

❤️ - Heart Healthy Entrées

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