

Adams County Ohio Valley School District


High School Lunch Menu

August/September 2010-2011

*Whole wheat/whole grain options are in **bold** print.
Student Lunch - \$2.50

**A choice of skim, 1% white, 1% chocolate or 1% strawberry milk is served with each meal.
Adult Lunch - \$3.00

Extra Milk - \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
August 23	August 24	August 25	August 26	August 27
♣ <i>Mozzarella Cheese Sticks</i> w/marinara dipping sauce <i>Bahama Mama</i> Steamed Carrots Pineapple Steamed Mixed Vegetables Fresh Sliced Apples	♥ <i>Deli Wrap w/lettuce & tomato</i> <i>Chili w/PB Sandwich & Crackers</i> Steamed Lima Beans Peaches CC Vegetable Fruit Cocktail	♣ <i>Cheesy Breadstick</i> w/marinara dipping sauce <i>Cook's Choice Entrée</i> Steamed Green Beans Pears Carrots/Celery/Dip Tropical Mixed Fruit	<i>Chicken Strips w/hot roll</i> <i>Nachos w/"the works" (lettuce, tomato, cheese, sour cream & salsa)</i> New Potatoes Fresh Orange Slices Tossed Salad Applesauce	Banana Lover's Day <i>Fish on WW Bun</i> <i>Pulled Pork BBQ on Bun</i> Steamed Peas Fresh Banana Steamed Corn Cottage Cheese w/fruit
August 30	August 31	September 1	September 2	September 3
<i>Corn Dog</i> <i>Fajita Wrap</i> w/lettuce, tomato, cheese & salsa CC Vegetable Applesauce Steamed Peas & Carrot Fresh Fruit Choice	♥ <i>Stacked Turkey w/cheese on WW</i> <i>Salisbury Steak w/hot roll</i> Baked Potato Mandarin Oranges Steamed Mixed Vegetables CC Fruit	<i>Chicken Nuggets w/breadstick</i> <i>Cook's Choice Entrée</i> Fresh Veggies /Dip Pineapple Steamed Broccoli w/cheese Fruit Cocktail	♥ <i>Taco Salad w/breadstick</i> <i>(3 component meal)</i> WG Pasta w/meat sauce OR meatballs & garlic breadstick Steamed Green Beans Fresh Banana Tossed Salad Pears	Welcome Back Luncheon Hot Ham & Cheese on Bun Scalloped Potatoes Steamed Green Beans Fresh Fruit Choice Fresh Baked Cake
September 6	September 7	September 8	September 9	September 10
No School!!  Labor Day!!	<i>Chicken Pot Pie</i> <i>Cook's Choice Entrée</i> Steamed Hominy Tropical Mixed Fruit Steamed California Fruit Cup Blend w/cheese	<i>Cheese Coney</i> <i>Spicy Chicken Patty on WW Bun</i> Baked Beans Pineapple Steamed Carrots Fresh Orange Slices	<i>Popcorn Chicken w/hot roll</i> <i>Soup Day w/grilled cheese & crackers</i> Carrots/Celery/Dip Peaches Steamed Mixed Vegetables Fruit Cocktail	<i>Soft Taco</i> w/lettuce, tomato, cheese & salsa ♥ <i>Tuna Salad on Bagel</i> Steamed Corn Pears Tossed Salad Applesauce
September 13	September 14	September 15	September 16	September 17
<i>Hot Philly Sub</i> <i>Cook's Choice Entrée</i> Steamed Broccoli w/cheese Pears Steamed Carrots Fruit Cup	♥ <i>Club Sandwich</i> w/lettuce & tomato on WW <i>Chicken Parmesan Sandwich</i> Steamed Peas Hot Cinnamon Apples CC Vegetable Fresh Banana	<i>Hot Ham & Cheese on WW Bun</i> <i>Taco Pie w/beans & breadstick</i> Baked Crispy Potatoes Fruit Cocktail Steamed Corn Mandarin Oranges	♥ <i>Chicken Salad Sandwich</i> <i>Homemade Meatloaf w/hot roll</i> Mashed Potatoes w/gravy Pineapple Tossed Salad Applesauce	♣ <i>Cheesy Breadsticks</i> w/marinara dipping sauce <i>Cook's Choice Entrée</i> Steamed Green Beans Peaches Fresh Veggies/Dip CC Fruit
September 20	September 21	September 22	September 23	September 24
<i>Hot Italian Sub</i> <i>Southwestern Turkey/Chicken Wrap</i> Steamed Carrots Pineapple Steamed Mixed Vegetables Fresh Apple Slices	<i>Sloppy Joe on Bun</i> <i>Cook's Choice Entrée</i> Steamed Corn Fresh Orange Slices Cole Slaw Fruit Cocktail	♣ <i>Tomato Soup</i> w/grilled cheese & crackers <i>General Tso w/steamed rice & fortune cookie</i> Stir Fry Vegetables Pears Carrots/Celery/Dip Tropical Mixed Fruit	<i>Salisbury Steak on Bun</i> <i>Chicken & Noodles w/breadstick</i> Scalloped Potatoes Peaches Steamed Peas Fruit Cup	<i>Fish Tail on Bun</i> <i>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed Green Beans Applesauce Tossed Salad Cottage Cheese w/fruit
September 27	September 28	September 29	September 30	October 1
<i>Pizza Steak Hoagie</i> <i>Spicy Chicken Patty on WW Bun</i> Steamed Corn Applesauce Steamed Mixed Vegetables Peaches	<i>Buffalo Popcorn Chicken w/hot roll</i> <i>Homemade Quesadilla</i> Baked Potato CC Fruit Steamed Carrots Fruit Cocktail	WG <i>Lasagna w/garlic bread</i> <i>Cook's Choice Entrée</i> Steamed Peas Mandarin Oranges Fresh Veggies/Dip Pears	♥ <i>Specialty Salad w/breadstick</i> <i>(3 component meal)</i> <i>Ham & Cheese Stromboli</i> CC Vegetable Fresh Apple Slices Steamed Green Beans Fresh Banana	No School! Waiver Day!

♣ Meatless Choice CC Cook's Choice

♥ Heart Healthy Choices

Students **MUST** take at least 3 of the 5 components offered

Additional entrée choices served daily unless noted: Pizza (everyday), hamburger on bun (M, W, F) and chicken patty on bun (T, TH)
Salads available everyday

*The menu is subject to change without notice due to price and availability of food.

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

This organization is an equal opportunity provider and employer