

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

www.ovsd.us

WORD OF THE MONTH – xxx

February 2009-2010

© - New Items

Menus Are Subject To Change

MONDAY, February 1, 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, February 2, 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 Cole Slaw Hot Cinnamon Apples Tropical Mixed Fruit	Choco-Peanut Butter Bar

WEDNESDAY, February 3, 2010

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
🍌 Cheesy Breadsticks (4G) 🍌 Homemade Vegetable Soup w/grilled cheese & crackers(3G)	Green Beans Steamed Carrots Fruit Cocktail Mandarin Oranges	Offered w/meat choice

THURSDAY, February 4, 2010

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	Fresh Baked Cake

FRIDAY, February 5, 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	Pasta Salad

🍌 - 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, February 8, 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 BBQ Rib Sub	Potato Choice Steamed Carrots Pineapple Apple Slices	Fruit Cobbler/Crisp

TUESDAY, February 9, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables–Choice of 2:	Bread/Grain – Choice of 1:
Ham & Cheese Stromboli ♥ Club Sandwich w/lettuce & tomato on WW bread	Steamed Corn Cook's Choice Vegetable Orange Slices Fruit Cocktail	Fresh Baked Cookie

WEDNESDAY, February 10, 2010

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Lasagna w/garlic breadstick (3G) 🍌 2 Cheese Jammers w/dip (4G)	Green Beans Tossed Salad Tropical Mixed Fruit Pears	Offered w/meat choice

THURSDAY, February 11, 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, February 12, 2010

½ Pint Milk Choice

Sweetheart Lunch		
Oven Baked Chicken w/hot roll Mashed Potatoes w/gravy Green Beans Fruit Cup Valentine's Day Treat		

🍌 - Vegetarian Entrées

♥ - Heart Healthy Entrées

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Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

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MONDAY, February 15, 2010

½ Pint Milk Choice

No School!

President's Day!

TUESDAY, February 16, 2010

½ Pint Milk Choice

No School!

Waiver Day!

WEDNESDAY, February 17, 2010 – Ash Wednesday

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
Chili w/pb sandwich & crackers (3G)	Baked Crispy Potatoes	Offered w/meat choice
Cook's Choice Entrée (3G)	Fresh Veggies/Dip	
	Mandarin Oranges	
	Pears	

THURSDAY, February 18 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	Green Beans	Garlic Bread
WW Pasta w/meat sauce or meatballs	Tossed Salad	No Bake Oatie
	Apple Slices	
	Cook's Choice Fruit	

FRIDAY, February 19, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Cook's Choice Fish	Steamed Peas	Peanut Butter Bar
Cook's Choice Entrée	Cook's Choice Vegetable	
	Pineapple	
	Fruit Cup	

🍌 - Vegetarian Entrées

🍏 - Heart Healthy Entrées

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Component 4 (3 Grains/Breads)

Component 5 (1 Milk)

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MONDAY, February 22, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Chicken Strips w/hot roll	Mixed Vegetables	Clodhoppers
Hot Ham & Cheese on WW Bun	Steamed Carrots	
	Apple Slices	
	Pineapple	

TUESDAY, February 23, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
General Tso w/steamed rice & fortune cookie	Stir Fry Vegetables	Fresh Baked Cookie
Sloppy Joe on Bun	Cole Slaw	
	Peaches	
	Fruit Cocktail	

WEDNESDAY, February 24, 2010

½ Pint Milk Choice

Meat & 3 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – No Choice
🍌 Cheesy Breadsticks (3G)	Green Beans	Offered w/meat choice
🍌 Tomato Soup w/grilled cheese sandwich on WW & crackers (3G)	Carrots/Celery/Dip	
	Pears	
	Fruit Cup	

THURSDAY, February 25, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruits/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Salisbury Steak w/hot roll	Mashed Potatoes w/gravy	Fruit Cobbler/Crisp
Cook's Choice Entrée	Tossed Salad	
	Orange Slices	
	Applesauce	

FRIDAY, February 26, 2010

½ Pint Milk Choice

Meat & 2 Grain - Choice of 1:	Fruit/Vegetables – Choice of 2:	Bread/Grain – Choice of 1:
Chicken Salad Sandwich	Steamed Peas	Macaroni & Cheese
Fish Tail on Bun	Steamed Corn	
	Tropical Mixed Fruit	
	Cottage Cheese w/fruit	

🍌 - Vegetarian Entrées

🍏 - Heart Healthy Entrées

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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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