

**Lunch Prices**

Lunch - \$2.50  
Milk - \$0.50  
Adult - \$3.50




**ADAMS COUNTY OHIO VALLEY  
SCHOOL DISTRICT  
August Menu  
2018-19 ELEMENTARY K-6 LUNCH MENU**  
[www.ovsd.us](http://www.ovsd.us)








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



**The last day to charge for the 2018-2019 school year will be May 10<sup>th</sup>, 2019**

 Our staff encourage & teach students to make healthy choices for a healthy lifestyle.	Monday August 20	Tuesday August 21	Wednesday August 22	Thursday August 23	Friday August 24
	District In-Service Day	District In-Service Day	<i>Ravioli w/garlic mini breadstick</i> Steamed Green Beans Steamed Cauliflower Fruit Cocktail Applesauce	<i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Brussels Sprouts Pears Mandarin Oranges	Tony's® <i>French Bread Pizza</i> Steamed Carrots Steamed Broccoli SideKicks® Frozen Juice Fruit Cup
Alternate Entrées (served daily unless noted) * PB Sandwich w/cheese stick ** Cheese Sandwich w/cheese stick *** Pizza	Monday August 27	Tuesday August 28	Wednesday August 29	Thursday August 30	Friday August 31
	<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Mixed Vegetables Pears Craisins	<i>Cheeseburger on bun</i> Baked Crispy Potatoes Steamed Carrots Applesauce Peaches	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Strawberries Fresh Fruit	<i>Nacho Scoops w/lettuce, tomato, cheese &amp; salsa</i> Refried Beans Steamed Corn Pineapple Fruit Cocktail	<i>Italian Pepperoni Calzone w/marinara sauce</i> Steamed Green Beans Steamed California Blend Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

 100% fruit juice is offered on <b>Tuesdays</b> as a fruit choice when available.	 Whole Grain Rich (WGR) options are in <b>bold</b> print and are offered daily.	 A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.	 Students <b>MUST</b> take at least 3 of the 5 components offered daily, one of the 3 items taken <b>MUST</b> be a <b>fruit</b> or a <b>vegetable</b> .	 Students may take <b>ALL</b> <b>fruit</b> and <b>vegetable</b> choices offered daily, if they choose.
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**National School Lunch Program Meal Pattern Information**

The Federal Government guidelines for the National School Lunch Program (NSLP) are as follows...students will be offered 5 meal components daily. The daily components will consist of...**grains**, **meat/meat alternate**, **vegetable**, **fruit** and **fluid milk**. Each student may take all 5 components or as few as 3 components to receive a reimbursable meal. If a student chooses to take only 3 components, one component **MUST** be a **fruit** or a **vegetable** for the meal to be a reimbursable meal. A student may take as little as ½ cup serving of a **fruit** and/or **vegetable** or as much as a 1 cup serving of a **fruit** or a **vegetable**. Students may take **ALL** **fruit** and **vegetable** choices offered daily, if they choose.

**\*Meal account balances and on-line payment options are available at [MySchoolBucks.com](http://MySchoolBucks.com), it's as easy as setting up an account for your student(s)!**

**\*This institution is an equal opportunity provider\***