

# Adams County Ohio Valley School District

## Junior High Lunch Menu

August 2018-2019

Student Lunch - \$3.00

Extra Milk - \$0.50

Adult Lunch - \$3.50



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

Monday August 21	Tuesday August 22	Wednesday August 23	Thursday August 24	Friday August 25
<b>District In-Service Day</b>	<b>District In-Service Day</b>	<i>Tony's® French Bread Pizza</i> Steamed Green Beans Steamed Cauliflower Fruit Cocktail Pineapple	<i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Brussels Sprouts Pears Mandarin Oranges	<i>Chicken Cheddar Wrap w/lettuce &amp; tomato</i> Steamed Carrots Steamed Broccoli SideKicks® Frozen Juice Fruit Cup
August 28	August 29	August 30	August 31	September 1
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Mixed Vegetables Pears Raisins	<i>Pork Patty 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

### 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.

Students **MUST** take at least 3 of the 5 components offered daily, one of the 3 taken **MUST** be a **fruit** or a **vegetable**.

Students may take **ALL fruit** and **vegetable** choices offered daily, if they choose.

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

A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is served with each meal.

**Whole Grain Rich** options are in bold print and are offered daily.

100% fruit juice is offered **Tuesdays** as a fruit choice when available.

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

**\*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\*\*