

Adams County Ohio Valley School District

Junior High School Lunch Menu

December 2018-2019







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

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 Friday, May 10th, 2019.

Monday	Tuesday	Wednesday	Thursday	Friday
December 3	December 4	December 5	December 6	December 7
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	Pork Patty on bun Seasoned Waffle Fries Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	Nacho Scoops <i>w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce & tomato</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
December 10	December 11	December 12	December 13	December 14
<i>Hot & Spicy Popcorn Chicken w/roll</i> Mashed Sweet Potatoes Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Italian Pepperoni Calzone</i> <i>w/marinara sauce</i> Steamed Broccoli Steamed Carrots Crisp Romaine Salad Fruit Cocktail Craisins	© Tony's® *WGR Fiestada Pizza <i>w/lettuce, tomato, cheese</i> Refried Beans Steamed Corn Mandarin Oranges Pears	Christmas Luncheon <i>Oven Baked Chicken w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Peaches Fresh Fruit Fresh Baked Cookie *No alternate entrées will be offered*	<i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
December 17	December 18	December 19	December 20	December 21
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Peaches Pineapple	<i>Pizza Burger on bun</i> Steamed Lima Beans Baked Sweet Potato Fries Crisp Romaine Salad Pears Craisins	Tony's® French Bread Pizza Steamed Green Beans Steamed Mixed Vegetables SideKicks® Frozen Juice Fruit Cup	No School  Christmas Break
December 24	December 25	December 26	December 27	December 28
No School  Christmas Eve	No School  Christmas Day	No School  Christmas Break	No School  Christmas Break	No School  Christmas Break

National School Lunch Program Meal Pattern Information

The Federal Government USDA guidelines for the National School Lunch Program (NSLP) offer students 5 meal components daily. The daily components consist of...**grain, 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 items taken **MUST** be a **fruit** or a **vegetable**.

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

Whole Grain Rich options are in bold print and 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.

© denotes new items

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

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