

# Adams County Ohio Valley School District

## 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 10<sup>th</sup>, 2019.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 3</b>	<b>December 4</b>	<b>December 5</b>	<b>December 6</b>	<b>December 7</b>
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	<i>Pork Patty on bun</i> 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	<i>Walking Taco</i> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce &amp; tomato</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>December 10</b>	<b>December 11</b>	<b>December 12</b>	<b>December 13</b>	<b>December 14</b>
<i>Hot &amp; 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	☺ <i>Tony's® Fiestada Pizza</i> <i>w/lettuce, tomato, cheese &amp; salsa</i> Refried Beans Steamed Corn Mandarin Oranges Pears	<span style="color: red;">Christmas Luncheon</span> <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
<b>December 17</b>	<b>December 18</b>	<b>December 19</b>	<b>December 20</b>	<b>December 21</b>
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	<i>Corn Dog</i> 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 Peaches Craisins	<i>Tony's® French Bread Pizza</i> Steamed Green Beans Steamed Mixed Vegetables SideKicks® Frozen Juice Fruit Cup	No School  Christmas Break
<b>December 24</b>	<b>December 25</b>	<b>December 26</b>	<b>December 27</b>	<b>December 28</b>
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 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.

☺ 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\*\***