

# Adams County Ohio Valley School District

## High School Lunch Menu

February 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>February 4</b>	<b>February 5</b>	<b>February 6</b>	<b>February 7</b>	<b>February 8</b>
<i>Spicy Chicken Tenders w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	<b>Pork Patty on bun</b> Seasoned Waffle Fries Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	Cheesy <b>Breadsticks</b> w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	<b>Walking Taco</b> w/lettuce, tomato, cheese & salsa 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>February 11</b>	<b>February 12</b>	<b>February 13</b>	<b>February 14</b> ♥	<b>February 15</b>
<i>Hot &amp; Spicy Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	Garlic Flatbread <b>Pizza</b> w/ marinara sauce Steamed Mixed Vegetables Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	<span style="color: red;">Valentine's Day Luncheon</span> Oven Roasted Turkey w/roll Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Mandarin Oranges Peaches Fresh Baked Cookie *No alternate entrées will be offered*	<b>Corn Dog</b> Baked Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<b>Pizza Burger on bun</b> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>February 18</b>	<b>February 19</b>	<b>February 20</b>	<b>February 21</b>	<b>February 22</b>
<b>No School!</b>  <b>President's Day!</b>	<i>Spicy Chicken Patty Deluxe on bun</i> Steamed Carrots Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	General Tso w/steamed <b>rice &amp; fortune cookie</b> Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit	<b>Walking Taco</b> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries	<i>Chicken Cheddar Wrap w/lettuce &amp; tomato</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
<b>February 25 *</b>	<b>February 26</b>	<b>February 27</b>	<b>February 28</b>	<b>March 1</b>
<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	Salisbury Steak w/ <b>mini breadstick</b> Homemade <b>Macaroni &amp; Cheese</b> Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	Italian Pepperoni <b>Calzone</b> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<b>Soft Taco</b> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Peaches Craisins	<i>Buffalo Chicken Wrap w/lettuce &amp; tomato</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

### 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\*\***