

# Adams County Ohio Valley School District

## Junior High School Lunch Menu

March 2017-2018


\*\*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 2017-2018 school year will be Friday, May 11<sup>th</sup>, 2018.**

Monday	Tuesday	Wednesday	Thursday	Friday
March 5	March 6	March 7	March 8	March 9
<i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins/Raisins	<i>Pork Patty on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit	<i>Nacho Scoops</i> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	☺ <i>Chicken Cheddar Wrap</i> <i>w/lettuce &amp; tomato</i> Baked Beans Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
March 12	March 13	March 14	March 15	March 16
<i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Garlic Flatbread Pizza w/marinara sauce</i> Steamed Broccoli w/cheese Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Craisins/Raisins	<b>St. Patrick's Day Luncheon</b> <i>Oven Roasted Turkey w/roll</i> Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Peaches Fresh Fruit Fresh Baked Cookie *No additional entrées will be offered*	<i>Chicken Burrito</i> <i>w/lettuce, tomato, cheese &amp; salsa</i> Refried Beans Steamed Corn Mandarin Oranges Pears	<i>Pizza Burger on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
March 19	March 20	March 21	March 22	March 23
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce	<b>Corn Dog</b> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	<i>Chili w/PB Sandwich &amp; Cheez-Its</i> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Nacho Scoops</i> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed Corn Fresh Veggies/Dip Craisins/Raisins Blueberries	<i>Fish w/cheese on bun</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
March 26 *	March 27	March 28	March 29	March 30
<i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	<i>Salisbury Steak w/mini breadstick</i> Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	<i>Italian Pepperoni Calzone</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Soft Taco</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins/Raisins	<b>No School</b>  <b>Good Friday</b>

### 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\*\***