

Adams County Ohio Valley School District

High School Lunch Menu

January 2018-2019

Student Lunch - \$3.00

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

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 31 *	January 1	January 2	January 3	January 4
 <p style="text-align: center;">No School! Bring on the NEW YEAR! New Year's Eve!</p>	 <p style="text-align: center;">No School! HAPPY NEW YEAR! New Year's Day!</p>	<p style="text-align: center;"><i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Green Beans Steamed Mixed Vegetables Fruit Cocktail Pears</p>	<p style="text-align: center;"><i>Boneless Chicken Wings w/roll</i> Steamed Carrots Steamed Peas Peaches Pineapple</p>	<p style="text-align: center;"><i>Hot Dog w/sauce on bun</i> Deli Potato Roasters Steamed Broccoli SideKicks® Frozen Juice Fruit Cup</p>
January 7	January 8	January 9	January 10	January 11
<p style="text-align: center;"><i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Pears Craisins</p>	<p style="text-align: center;"><i>Pulled Pork BBQ on bun</i> Baked Crispy Potatoes Steamed Carrots Strawberries Applesauce</p>	<p style="text-align: center;"><i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit</p>	<p style="text-align: center;"><i>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p style="text-align: center;"><i>Hot Ham & Cheese on bun</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
January 14	January 15	January 16	January 17	January 18
<p style="text-align: center;"><i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries</p>	<p style="text-align: center;"><i>Salisbury Steak w/Texas Toast</i> Baked Potato Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins</p>	<p style="text-align: center;"><i>Chili w/Peanut Butter Sandwich & Cheez-Its</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p style="text-align: center;"><i>Chicken Burrito</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears</p>	<p style="text-align: center;"><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
January 21	January 22	January 23	January 24	January 25
 <p style="text-align: center;">No School! MARTIN LUTHER KING, JR. 1929 1968 Martin Luther King, Jr. Day!</p>	<p style="text-align: center;"><i>Corn Dog</i> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p style="text-align: center;"><i>Tangerine Chicken</i> w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit</p>	<p style="text-align: center;"><i>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries</p>	<p style="text-align: center;"><i>Spicy Chicken Patty Deluxe on bun</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
January 28 *	January 29	January 30	January 31	February 1
<p style="text-align: center;"><i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple</p>	<p style="text-align: center;"><i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce</p>	<p style="text-align: center;"><i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p style="text-align: center;"><i>Soft Taco</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins</p>	<p style="text-align: center;"><i>Buffalo Chicken Wrap w/lettuce & tomato</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

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****