

Adams County Ohio Valley School District

High School Lunch Menu

May 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 11th, 2018.

Monday April 30	Tuesday May 1	Wednesday May 2	Thursday May 3	Friday May 4
<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>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Pizza Burger on bun</i> Baked Beans Steamed Mixed Vegetables Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
May 7	May 8	May 9	May 10	May 11
<i>Popcorn Chicken w/Texas Toast</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Salisbury Steak w/roll</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Craisins/Raisins	<div style="text-align: center;">  Senior Luncheon <i>Senior's Choice Entrée</i> <i>Senior's Choice Vegetables</i> <i>Senior's Choice Fruits</i> </div>	<i>Chicken Burrito</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears	<p style="color: red; font-weight: bold; font-size: 1.2em;">LAST DAY TO CHARGE!!</p> <i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
May 14	May 15	May 16	May 17	May 18
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Peaches Applesauce	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	<i>General Tso</i> w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins/Raisins Blueberries	<i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Mixed Vegetables Baked Sweet Potato Fries Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
May 21 *	May 22	May 23	May 24	May 25
<i>Cook's Choice Entrée</i> Steamed Carrots Steamed Peas Peaches Pineapple	<i>Cook's Choice Entrée</i> Steamed Mixed Vegetables Steamed Brussels Sprouts Mandarin Oranges Applesauce	<i>Cook's Choice Entrée</i> Steamed Green Beans Steamed Broccoli Fruit Cocktail Craisins/Raisins	<i>Cook's Choice Entrée</i> Steamed California Blend Steamed Corn Pears Fruit Cup	<p style="color: purple; font-weight: bold; font-size: 1.2em;">Have a safe, fun and active summer!!</p>  <p style="color: purple; font-weight: bold; font-size: 1.2em;">IT'S SUMMER!</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****