








<p>Lunch Prices Lunch - \$2.75 Milk - \$0.60 Adult - \$3.75</p> <p>☉ denotes new items</p>		<p align="center">ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT September Menu 2019-20 ELEMENTARY K-6 LUNCH MENU WORD OF THE MONTH IS "Self-Discipline" www.ovsd.us</p>		<p>*The menu is subject to change without notice due to price and availability of food.</p>
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The last day to charge for the 2019-2020 school year will be Friday, May 8th, 2020.

 <p>Our staff encourage & teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center">Monday September 2 *</p>	<p align="center">Tuesday September 3</p>	<p align="center">Wednesday September 4</p>	<p align="center">Thursday September 5</p>	<p align="center">Friday September 6</p>
	<p align="center">No School! LABOR DAY</p>  <p align="center">Labor Day!</p>	<p><i>Chicken Rings w/roll</i> Steamed Mixed Vegetables Steamed Brussels Sprouts Mandarin Oranges Applesauce</p>	<p><i>Ravioli w/garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p><i>Soft Taco</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Raisins</p>	<p><i>Deli Wrap</i> w/lettuce & tomato Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

<p>Alternate Entrées (served daily unless noted)</p> <p>* PB Sandwich w/cheese stick</p> <p>** Cheese Sandwich w/cheese stick</p> <p>*** Pizza</p>	<p align="center">Monday September 9</p>	<p align="center">Tuesday September 10</p>	<p align="center">Wednesday September 11</p>	<p align="center">Thursday September 12</p>	<p align="center">Friday September 13</p>
	<p>☉ <i>Grilled Chicken Breast w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins</p>	<p><i>Cheeseburger Deluxe on bun</i> Seasoned Waffle Fries Steamed Carrots Crisp Romaine Salad Strawberries Applesauce</p>	<p><i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit</p>	<p><i>Nacho Scoops</i> w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p><i>Hot Dog on bun</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

 <p>Whole Grain Rich (WGR) options are in bold print and are offered daily.</p>	<p align="center">Monday September 16</p>	<p align="center">Tuesday September 17</p>	<p align="center">Wednesday September 18</p>	<p align="center">Thursday September 19</p>	<p align="center">Friday September 20</p>
	<p><i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries</p>	<p><i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese (switch w/green beans on alfredo week) Crisp Romaine Salad Peaches Raisins</p>	<p><i>Pasta w/meat sauce & cheese w/garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit</p>	<p>☉ <i>Mini Fajitas</i> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears</p>	<p><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

 <p>A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.</p>	<p align="center">Monday September 23</p>	<p align="center">Tuesday September 24</p>	<p align="center">Wednesday September 25</p>	<p align="center">Thursday September 26</p>	<p align="center">Friday September 27</p>
	<p><i>Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce</p>	<p>Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p>☉ <i>The Max® Pizza Wedge</i> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Peaches Fresh Fruit</p>	<p><i>Walking Taco</i> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries</p>	<p>☉ <i>Fish Nuggets</i> w/☉ Pretzel Rod Steamed Lima Beans Baked Sweet Potatoes & Apples Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>

 <p>100% fruit juice is offered on Tuesdays as a fruit choice when available.</p>	 <p>Students may take ALL fruit and vegetable choices offered daily, if they choose.</p>	<p align="center">National School Lunch Program Meal Pattern Information</p> <p>The Federal Government guidelines for the National School Lunch Program (NSLP) are as follows...students will be offered 5 meal components daily. The daily components will consist of...grains, meat/meat alternates, vegetables, fruits 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 and/or a vegetable. Students may take ALL fruit and vegetable choices offered daily, if they choose.</p>	 <p>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.</p>
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***Meal account balances and on-line payment options are available at MySchoolBucks.com; it's as easy as setting up an account for your student(s)!**

This institution is an equal opportunity provider