

Adams County Ohio Valley School District

Junior High School Lunch Menu


September 2019-2020

Student Lunch - \$3.00

Extra Milk - \$0.60

Adult Lunch - \$3.75

The last day to charge for the 2019-2020 school year will be Friday, May 8th, 2020.

Monday	Tuesday	Wednesday	Thursday	Friday
September 2*	September 3	September 4	September 5	September 6
<p>No School!</p>  <p>Labor Day!</p>	<p><i>Garlic Flatbread Pizza w/ marinara sauce</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>Buffalo Chicken Wrap w/lettuce & tomato</i> Deli Potato Roasters Steamed Brussels Sprouts Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 9	September 10	September 11	September 12	September 13
<p><i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins</p>	<p><i>Honey BBQ Beef Rib Patty 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 w/sauce on bun</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 16	September 17	September 18	September 19	September 20
<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 Crisp Romaine Salad Peaches Raisins</p>	<p><i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw 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>Pasta w/meat sauce & cheese & garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
September 23	September 24	September 25	September 26	September 27
<p><i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce</p>	<p><i>© The Max® Pizza Wedge</i> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple</p>	<p><i>General Tso</i> w/steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit</p>	<p><i>Tony's® Fiestada Pizza</i> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries</p>	<p><i>Fish w/cheese on bun</i> Steamed Mixed Vegetables Baked Sweet Potatoes & Apples 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** (everyday) and chicken patty on **bun** (everyday)

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

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 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****