

Adams County Ohio Valley School District

Junior High School Lunch Menu

February 2018-2019


**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 2018-2019 school year will be Friday, May 10th, 2019.

Monday	Tuesday	Wednesday	Thursday	Friday
February 4	February 5	February 6	February 7	February 8
<i>Spicy Chicken Tenders w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	Pork Patty on bun Seasoned Waffle Fries Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	Nacho Scoops <i>w/lettuce, tomato, cheese & salsa</i> Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	<i>Hot Italian Sub w/lettuce & tomato</i> Baked Beans Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 11	February 12	February 13	February 14 ♥	February 15
<i>Hot & Spicy Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Garlic Flatbread Pizza w/ marinara sauce</i> Steamed Mixed Vegetables Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	Valentine's Day Luncheon <i>Oven Roasted Turkey w/*WGR roll</i> Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Mandarin Oranges Pears Fresh Baked Cookie *No alternate entrées will be offered*	Corn Dog Baked Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Pizza Burger on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 18	February 19	February 20	February 21	February 22
No School!  President's Day!	<i>Spicy Chicken Patty Deluxe on bun</i> Steamed Carrots Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	<i>General Tso w/steamed rice & fortune cookie</i> Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Peaches Fresh Fruit	Nacho Scoops <i>w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Craisins Blueberries	<i>Chicken Cheddar Wrap w/lettuce & tomato</i> Steamed Mixed Vegetables Baked Sweet Potato Fries Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 25 *	February 26	February 27	February 28	March 1
<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 w/marinara sauce</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Soft Taco <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Pears Craisins	<i>Buffalo Chicken Wrap w/lettuce & tomato</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup

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****