

Adams County Ohio Valley School District

Junior High School Lunch Menu

February 2017-2018


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 2017-2018 school year will be Friday, May 11th, 2018.

Monday	Tuesday	Wednesday	Thursday	Friday
January 29*	January 30	January 31	February 1	February 2
Cook's Choice Entrée Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	Cook's Choice Entrée Steamed Mixed Vegetables Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	Italian Pepperoni Calzone Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Homemade Taco Soup w/ Tostito's Scoops ® Refried Beans Steamed Corn Pears Craisins	Hot Ham & Cheese on bun Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 5	February 6	February 7	February 8	February 9
Chicken Strips w/roll Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Raisins	Pulled Pork BBQ on bun Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Peaches	Cheesy Breadsticks w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Applesauce Fresh Fruit	Nacho Scoops w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	Hot Italian Sub w/lettuce & tomato Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 12	February 13	February 14	February 15	February 16
Popcorn Chicken w/ Texas Toast Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	Tony's® French Bread Pizza Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Craisins	Valentine's Day Luncheon Oven Baked Chicken w/ Texas Toast Mashed Potatoes w/gravy Steamed Broccoli Crisp Romaine Salad Peaches Fresh Fruit Fresh Baked Cookie *No alternate entrées will be offered*	Fajita Wrap w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears	Sloppy Joe on bun Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 19	February 20	February 21	February 22	February 23
No School  Presidents' Day	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	General Tso w/ steamed rice & fortune cookie Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Nacho Scoops w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Raisins Blueberries	Spicy Chicken Patty Deluxe on bun Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
February 26*	February 27	February 28	March 1	March 2
Chicken Nuggets w/roll Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	Salisbury Steak w/ mini breadstick Baked Potato Steamed Brussels Sprouts Crisp Romaine Salad Mandarin Oranges Applesauce	Italian Pepperoni Calzone Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Homemade Taco Pie w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	Hot Ham & Cheese on bun Steamed Mixed Vegetables 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****