















<p><b>Lunch Prices</b> Lunch - \$2.50 Milk - \$0.50 Adult - \$3.50 ☺ denotes new items</p>		<p align="center"><b>ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT</b> <b>November Menu</b> <b>2018-19 ELEMENTARY K-6 LUNCH MENU</b> <b>WORD OF THE MONTH IS "Gratitude"</b> <a href="http://www.ovsd.us">www.ovsd.us</a></p>		<p><b>*The menu is subject to change without notice due to price and availability of food.</b></p>	
<p><b>The last day to charge for the 2018-2019 school year will be Friday, May 10<sup>th</sup>, 2019.</b></p>					
<p><b>Alternate Entrées</b> (served daily unless noted) * PB <b>Sandwich</b> w/cheese stick ** Cheese <b>Sandwich</b> w/cheese stick *** <b>Pizza</b></p>	<p align="center"><b>Monday</b> <b>November 5</b></p> <p><i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins</p>	<p align="center"><b>Tuesday</b> <b>November 6</b></p> <p><i>Cheesy Breadsticks</i> w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Strawberries Applesauce</p>	<p align="center"><b>Wednesday</b> <b>November 7</b></p> <p><b>Cook's Appreciation Day!</b> <i>Cheeseburger Deluxe</i> on <b>bun</b> Steamed Lima Beans Steamed Carrots Crisp Romaine Salad Peaches Fresh Fruit</p>	<p align="center"><b>Thursday</b> <b>November 8</b></p> <p><b>Nacho Scoops</b> w/lettuce, tomato, cheese &amp; salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail</p>	<p align="center"><b>Friday</b> <b>November 9</b></p> <p><i>Hot Dog on bun</i> Baked Beans Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
 <p><b>Whole Grain Rich (WGR)</b> options are in <b>bold</b> print and are offered daily.</p>	<p align="center"><b>Monday</b> <b>November 12</b></p> <p align="center"><b>No School</b>  <b>Veteran's Day Observed</b></p>	<p align="center"><b>Tuesday</b> <b>November 13</b></p> <p><i>Chicken Sticks w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Peaches Craisins</p>	<p align="center"><b>Wednesday</b> <b>November 14</b></p> <p><b>Corn Dog</b> Baked Beans Steamed Cauliflower w/cheese Fruit Cocktail Pears</p>	<p align="center"><b>Thursday</b> <b>November 15</b></p> <p><b>Thanksgiving Luncheon</b> <i>Oven Roasted Turkey w/roll</i> Mashed Potatoes w/gravy Steamed Green Beans Crisp Romaine Salad Hot Cinnamon Apples Mandarin Oranges Yum-Yum Pie <b>**No Alternate Choices**</b></p>	<p align="center"><b>Friday</b> <b>November 16</b></p> <p><i>Ravioli w/Texas Toast</i> Steamed Broccoli Fresh Veggies/Dip 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"><b>Monday</b> <b>November 19</b></p> <p><i>Chicken Patty on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce</p>	<p align="center"><b>Tuesday</b> <b>November 20</b></p> <p><i>Pizza Burger on bun</i> Steamed Green Beans Steamed Corn Crisp Romaine Salad Peaches Fruit Cup</p>	<p align="center"><b>Wednesday</b> <b>November 21</b></p> <p align="center"><b>No School</b>  <b>Thanksgiving Break</b></p>	<p align="center"><b>Thursday</b> <b>November 22</b></p> <p align="center"><b>No School</b>  <b>Thanksgiving Day</b></p>	<p align="center"><b>Friday</b> <b>November 23</b></p> <p align="center"><b>No School</b>  <b>Thanksgiving Break</b></p>
 <p>Our staff encourage &amp; teach students to make healthy choices for a healthy lifestyle.</p> 	<p align="center"><b>Monday</b> <b>November 26 *</b></p> <p align="center"><b>No School</b>  <b>Thanksgiving Break</b></p>	<p align="center"><b>Tuesday</b> <b>November 27</b></p> <p><i>Salisbury Steak</i> w/<b>Texas Toast</b> Deli Potato Roasters Steamed Brussels Sprouts Peaches Applesauce</p>	<p align="center"><b>Wednesday</b> <b>November 28</b></p> <p><i>Italian Pepperoni Calzone</i> w/marinara sauce Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Pineapple</p>	<p align="center"><b>Thursday</b> <b>November 29</b></p> <p><b>Walking Taco</b> w/lettuce, tomato, cheese &amp; salsa Refried Beans Steamed Corn Pears Craisins</p>	<p align="center"><b>Friday</b> <b>November 30</b></p> <p><i>Chicken Nuggets w/roll</i> Steamed Carrots Steamed Broccoli w/cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup</p>
 <p>100% fruit juice is offered on <b>Tuesdays</b> as a fruit choice when available.</p>	 <p>Students may take <b>ALL fruit and vegetable</b> choices offered daily, if they choose.</p>	<p align="center"><b>National School Lunch Program Meal Pattern Information</b></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...<b>grains, meat/meat alternates, vegetables, fruits and fluid milk.</b> 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 <b>MUST</b> be a <b>fruit</b> or a <b>vegetable</b> for the meal to be a reimbursable meal. A student may take as little as ½ cup serving of a <b>fruit</b> and/or <b>vegetable</b> or as much as a 1 cup serving of a <b>fruit</b> and/or a <b>vegetable.</b> Students may take <b>ALL fruit and vegetable</b> choices offered daily, if they choose.</p>	 <p>Students <b>MUST</b> take at least 3 of the 5 components offered daily, one of the 3 items taken <b>MUST</b> be a <b>fruit</b> or a <b>vegetable.</b></p>		
<p align="center"><b>*Meal account balances and on-line payment options are available at <a href="http://MySchoolBucks.com">MySchoolBucks.com</a>; it's as easy as setting up an account for your student(s)!</b></p>					
<p align="center"><b>*This institution is an equal opportunity provider*</b></p>					