

Adams County Ohio Valley School District

Junior High School Lunch Menu


October 2018-2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
October 1 *	October 2	October 3	October 4	October 5
<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	30-Day Carryover Meal Status Expires! Soft Taco <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Peas Craisins	© <i>Honey BBQ Beef Rib Patty on bun</i> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
October 8	October 9	October 10	October 11	October 12
No School!  Columbus Day!	<i>Pork Patty on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Green Beans 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 Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
October 15	October 16	October 17	October 18	October 19
<i>Popcorn Chicken w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<i>Salisbury Steak w/Texas Toast</i> Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	<i>Pasta w/meat sauce & cheese & garlic mini breadstick</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<i>Chicken Burrito</i> <i>w/lettuce, tomato, cheese & salsa</i> Refried Beans Steamed Corn Mandarin Oranges Peas	<i>Sloppy Joe on bun</i> Steamed Peas Cole Slaw Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
October 22	October 23	October 24	October 25	October 26
<i>Spicy Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	Corn Dog Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Peas Pineapple	© <i>Tangerine Chicken w/steamed rice & fortune cookie</i> Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	Nacho Scoops <i>w/lettuce, tomato, cheese & salsa</i> Steamed Corn Fresh Veggies/Dip Craisins Blueberries	<i>Italian Pepperoni Calzone w/marinara sauce</i> Steamed Mixed Vegetables Steamed Sweet Potato Fries Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
October 29 *	October 30	October 31	November 1	November 2
<i>Boneless Chicken Wings 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	Happy Halloween!! <i>Pizza Burger on bun</i> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	© <i>Homemade Chicken Tortilla Soup w/Tostito's Scoops® & Cheese Quesadilla</i> Refried Beans Steamed Corn Peas Craisins	<i>Hot Ham & Cheese on bun</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****