











<b>Lunch Prices</b> Lunch - \$2.50 Milk - \$0.50 Adult - \$3.50 ☉ denotes new items		<b>ADAMS COUNTY/OHIO VALLEY  SCHOOL DISTRICT</b> <b>September Menu</b> <b>2018-19 ELEMENTARY K-6 LUNCH MENU</b> <b>WORD OF THE MONTH IS "Self-Discipline"</b> <a href="http://www.ovsd.us">www.ovsd.us</a>		<b>*The menu is subject to change without notice due to price and availability of food.</b>	
<b>The last day to charge for the 2018-2019 school year will be Friday, May 10<sup>th</sup>, 2019.</b>					
 Our staff encourage & teach students to make healthy choices for a healthy lifestyle. 	<b>Monday</b> <b>September 3 *</b>  <b>No School!</b>  <b>Labor Day!</b>	<b>Tuesday</b> <b>September 4</b>  <b>Corn Dog</b> Steamed Mixed Vegetables Steamed Brussels Sprouts Mandarin Oranges Applesauce	<b>Wednesday</b> <b>September 5</b>  <b>Pasta w/meat sauce &amp; cheese &amp; garlic mini breadstick</b> Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<b>Thursday</b> <b>September 6</b>  <b>Soft Taco</b> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Pears Craisins	<b>Friday</b> <b>September 7</b>  <b>Hot Ham &amp; Cheese on bun</b> Deli Potato Roasters Steamed Broccoli Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
	<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>	<b>Monday</b> <b>September 10</b>  <i>Chicken Strips w/roll</i> Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Craisins	<b>Tuesday</b> <b>September 11</b>  <b>Patriot Day!!</b> <i>Cheeseburger Deluxe on bun</i> Baked Crispy Potatoes Steamed Carrots Crisp Romaine Salad Strawberries Applesauce	<b>Wednesday</b> <b>September 12</b>  <b>Cheesy Breadsticks</b> w/marinara sauce Steamed Spinach Fresh Veggies/Dip Crisp Romaine Salad Peaches Fresh Fruit	<b>Thursday</b> <b>September 13</b>  <b>Nacho Scoops</b> w/lettuce, tomato, cheese & salsa Steamed California Blend Steamed Corn Pineapple Fruit Cocktail
 <b>Whole Grain Rich (WGR)</b> options are in <b>bold</b> print and are offered daily.		<b>Monday</b> <b>September 17</b>  <i>Chicken Sticks w/roll</i> Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	<b>Tuesday</b> <b>September 18</b>  <i>Salisbury Steak w/Texas Toast</i> Baked Potato Steamed Broccoli w/cheese Crisp Romaine Salad Peaches Craisins	<b>Wednesday</b> <b>September 19</b>  <b>Chili w/½PB sandwich &amp; Cheez-Its</b> Steamed Mixed Vegetables Fresh Veggies/Dip Crisp Romaine Salad Fruit Cocktail Fresh Fruit	<b>Thursday</b> <b>September 20</b>  <b>Fajita Wrap</b> w/lettuce, tomato, cheese & salsa Refried Beans Steamed Corn Mandarin Oranges Pears
	 A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is offered with each meal.	<b>Monday</b> <b>September 24</b>  <i>Chicken Patty Deluxe on bun</i> Roasted Redskin Potato Halves Steamed Carrots Crisp Romaine Salad Fruit Cocktail Applesauce	<b>Tuesday</b> <b>September 25</b>  <b>Corn Dog</b> Baked Beans Steamed Cauliflower w/cheese Crisp Romaine Salad Pears Pineapple	<b>Wednesday</b> <b>September 26</b>  <b>Pizza Burger on bun</b> Steamed Green Beans Steamed Mixed Vegetables Crisp Romaine Salad Peaches Fresh Fruit	<b>Thursday</b> <b>September 27</b>  <b>Walking Taco</b> w/lettuce, tomato, cheese & salsa Steamed Corn Fresh Veggies/Dip Craisins Blueberries
 100% fruit juice is offered on <b>Tuesdays</b> as a fruit choice when available.		 Students may take <b>ALL fruit and vegetable</b> choices offered daily, if they choose.	<b>National School Lunch Program Meal Pattern Information</b> 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.	 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> .	
<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>					
<b>*This institution is an equal opportunity provider*</b>					