Adams County Ohio Valley School District

High School Lunch Menu

April 2016-2017

**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 2016-2017 school year will be Friday, May 12th, 2017.

Monday	Tuesday	Wednesday	Thursday	Friday
April 3	**April 4**	**April 5**	**April 6**	**April 7**
*Chicken Strips w/**roll*** Steamed Sweet Potatoes Steamed Green Beans Crisp Romaine Salad Pears Blueberries	*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	***Walking Taco*** *w/lettuce, tomato, cheese& salsa* Fiesta **Rice** Steamed California Blend Steamed Corn Pineapple Fruit Cocktail	***Cook's Choice Entrée*** Baked Beans Cole Slaw Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
April 10	**April 11**	**April 12**	**April 13**	**April 14**
*Popcorn Chicken w/**Texas Toast*** Steamed Carrots Steamed Seasoned Cabbage Crisp Romaine Salad Pineapple Cherries	**Easter Luncheon** *Oven Baked Chicken w/**Texas Toast*** Mashed Potatoes w/gravy Steamed Broccoli w/cheese Crisp Romaine Salad Fruit Cocktail Mandarin Oranges **Fresh Baked Cookie** ***No alternate entrées will be offered***	***Cook's Choice Entrée*** Steamed Green Beans Fresh Veggies/Dip Crisp Romaine Salad Peaches Pears	**No School** **Spring Break**	**No School** **Good Friday**
April 17	**April 18**	**April 19**	**April 20**	**April 21**
No School **Spring Break**	***Corn Dog*** Baked Beans Steamed Cauliflower w/cheese Pears Pineapple	*General Tso* *w/steamed rice & fortune cookie* Stir-Fry Vegetables Steamed Lima Beans Crisp Romaine Salad Fruit Cocktail Fresh Fruit	***Walking Taco*** *w/lettuce, tomato, cheese & salsa* Fiesta **Rice** Steamed Corn Fresh Veggies/Dip Peaches Blueberries	*Tony's® **French Bread** Pizza* Steamed Mixed Vegetables Steamed Carrots Cottage Cheese Crisp Romaine Salad SideKicks® Frozen Juice Fruit Cup
April 24	**April 25**	**April 26**	**April 27**	**April 28**
▲ *Southwestern **Wrap*** Steamed Carrots Steamed Peas Crisp Romaine Salad Peaches Pineapple	*Salisbury Steak w/**mini breadstick*** Homemade **Macaroni** & Cheese 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	***Soft Taco*** *w/lettuce, tomato, cheese & salsa* Refried Beans Steamed Corn Pears Strawberries	***Cook's Choice Entrée*** 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 **MUST** take at least 3 of the 5 components offered, one of the 3 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 **G**rain **R**ich options are in bold print and are 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****