

# Adams County Ohio Valley School District


## Junior High School Lunch Menu

May 2020-2021

Student Lunch - \$3.00

Extra Milk - \$0.60

Adult Lunch - \$3.75

Monday May 3	Tuesday May 4	Wednesday May 5	Thursday May 6	Friday May 7
<i>Chicken Strips w/roll</i> Steamed Carrots Crisp Romaine Salad Applesauce	<b>Walking Taco</b> <i>w/lettuce, tomato, cheese &amp; salsa</i> Refried Beans Pears	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Green Beans Crisp Romaine Salad Fresh Fruit	<i>Salisbury Steak w/Pretzel Nuggets</i> Mashed Potatoes w/gravy Crisp Romaine Salad Peaches	<i>Hot Italian Sub w/lettuce &amp; tomato</i> Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice
Monday May 10 *	Tuesday May 11	Wednesday May 12	Thursday May 13	Friday May 14
<i>Chicken Patty Deluxe on bun</i> Baked Sweet Potato Fries Crisp Romaine Salad Pears	<b>Chicken Burrito</b> <i>w/lettuce, tomato, cheese &amp; salsa</i> Steamed Corn Applesauce	<b>Senior Farewell Luncheon</b> <i>Seniors' Choice Entrée</i> <i>Seniors' Choice Vegetable</i> <i>Seniors' Choice Fruit</i>	<i>Honey BBQ Beef Rib Patty on bun</i> Baked Beans Crisp Romaine Salad Mandarin Oranges	<i>Wild Mike's® Cheese Stuffed Breadstick Bites w/marinara sauce</i> Steamed Broccoli w/cheese Crisp Romaine Salad SideKicks® Frozen Juice
Monday May 17	Tuesday May 18	Wednesday May 19	Thursday May 20	Friday May 21
<i>Chicken Strips w/roll</i> Steamed Carrots Applesauce	<b>Walking Taco</b> <i>w/lettuce, tomato, cheese &amp; salsa</i> Refried Beans Pears	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Green Beans Fresh Fruit	<i>Cheeseburger Deluxe on bun</i> Baked Crispy Potatoes Peaches	<i>Cook's Choice Entrée</i> Steamed Mixed Vegetables SideKicks® Frozen Juice
Monday May 24 *	Tuesday May 25	Wednesday May 26	Thursday May 27	Friday May 28
<i>Cook's Choice Entrée</i> Baked Sweet Potato Tots Pears	<i>Cook's Choice Entrée</i> Steamed Green Beans Applesauce			

### 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**.

The USDA has approved **free** meals to all students for the 2020-2021 school year, regardless of meal status. This also allows any student that chooses to bring their lunch to take advantage of free meals. They may choose any 3 of the 5 components offered to add to their packed lunch at no charge. Please note additional meals may be purchased at the prices listed above.

**Additional entrée choices served daily unless noted: Pizza** (everyday); hamburger on **bun** (calzone day) and chicken patty on **bun** (Wild Mike's day and cheesy breadstick day)

A choice of fat-free white, fat-free chocolate and fat-free strawberry milk is served with each meal.

**Whole Grain Rich** 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 and on-line payment options are available at [MySchoolBucks.com](http://MySchoolBucks.com); it's as easy as setting up an account for your student(s)! Please consider this option to create a cashless environment.**

**\*\*This institution is an equal opportunity provider\*\***