

# Adams County Ohio Valley School District


## High School Lunch Menu

December 2021-2022

2<sup>nd</sup> Student Lunch - \$3.00

Extra Milk - \$0.60

Adult Lunch - \$3.75

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 29 *</b>	<b>November 30</b>	<b>December 1</b>	<b>December 2</b>	<b>December 3</b>
 <b>No School!</b>  <b>Thanksgiving Break!</b>	<i>Chicken Patty on bun</i> Baked Sweet Potato Tots Pears	<i>Chili Spaghetti w/garlic bread</i> Steamed Broccoli Peaches	<i>Hot Dog on bun</i> <b>Steamed Carrots</b> Mandarin Oranges	<i>Cook's Choice Entrée</i> Steamed Green Beans SideKicks® Frozen Juice
<b>December 6</b>	<b>December 7</b>	<b>December 8</b>	<b>December 9</b>	<b>December 10</b>
<i>Corn Dog</i> Baked Beans Crisp Romaine Salad Pineapple	<i>Cheeseburger on bun</i> Baked Crispy Potatoes Crisp Romaine Salad Peaches	<b>Christmas Luncheon</b> <i>Hot Ham &amp; Cheese on bun</i> Hashbrown Casserole Steamed Green Beans Fruit Cup Crisp Romaine Salad Fresh Baked Cookie  *No additional entrées will be offered*	<i>Cheesy Breadsticks w/marinara sauce</i> Steamed Carrots Crisp Romaine Salad Fresh Fruit	<i>Cook's Choice Entrée</i> Steamed Mixed Vegetables Crisp Romaine Salad SideKicks® Frozen Juice
<b>December 13</b>	<b>December 14</b>	<b>December 15</b>	<b>December 16</b>	<b>December 17</b>
<i>Turkey Pot Pie</i> Steamed Sweet Potatoes Pears	<i>Salisbury Steak w/Pretzel Nuggets</i> Mashed Potatoes w/gravy Peaches	<i>General Tso w/steamed rice &amp; fortune cookie</i> Steamed Green Beans Mandarin Oranges	<i>Sloppy Joe on bun</i> Steamed Broccoli Applesauce	<i>Cook's Choice Entrée</i> Steamed Peas SideKicks® Frozen Juice

### Christmas Break – December 20, 2021 – January 2, 2022



# Merry Christmas



#### National School Lunch Program Meal Pattern Information

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...**grains, meat/meat alternates, vegetables, fruits 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** and/or a **vegetable**. Students may take **ALL fruit and vegetable** choices offered daily, if they choose.

The USDA has extended the waiver for **free** meals to **all students** for the 2021-22 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.

**\*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.**

**Additional entrée choices served daily unless noted:** Pizza (everyday); hamburger on **bun** and chicken patty on **bun** when available.

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

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