




**OHIO COUNTY SCHOOLS CHILD NUTRITION DEPARTMENT  
Middle School Lunch Menu SEPTEMBER 2017**

**STUDENTS MAY RECEIVE 1 FREE LUNCH MEAL PER DAY**

*(A fruit or vegetable serving is required to be taken)*

**HOT ENTRÉE OR COLD SANDWICH AVAILABLE DAILY**

Milk only or Extra Milk \$ .40 Cash Only; Adult Meal Price: \$5.00

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>4 SCHOOL CLOSED</b><br>  | <b>5</b> Cheeseburger on WW Bun<br>Sweet Potato Fries<br>Vegetarian Baked Beans<br>Sweet Corn<br>Fresh Mixed Fruit Salad<br><i>Fresh Garden Bar</i>         | <b>6</b> Pepperoni Calzone<br>Fruit & Yogurt Parfait<br>Garlic Green Beans<br>Spinach & Tomatoes<br>Mandarin Orange Cup, Grahams<br><i>Fresh Garden Bar</i>                   | <b>7</b> Italian Beef Hoagie w/Cheese<br>Baked Oven Fries<br>Mixed Vegetables, Carrots<br>Bagged Apple Slices<br>Pudding Cup<br><i>Fresh Garden Bar</i>              | <b>8</b> Baked Chicken Tenders<br>WG Macaroni & Cheese<br>California Blend Vegetables<br>Fresh Cucumber Slices<br>Frozen Shape Up, WW Roll<br><i>Fresh Garden Bar</i> |
| <b>11</b> WG Meatball Hoagie/Cheese<br>Oven Baked Tator Tots<br>Broccoli Parmesan<br>Fresh Green Pepper Slices<br>Fresh Cut Melon<br><i>Fresh Garden Bar</i> | <b>12</b> Baked Fish on WW Bun<br>OR Turkey Pretzel Dog<br>Garden Blend Rice<br>Mixed Vegetables, Baby Carrots<br>Diced Pear Cup<br><i>Fresh Garden Bar</i> | <b>13</b> Plain/Spicy Boneless Wings<br>Au Gratin Potatoes<br>Seasoned Edamame<br>Fresh Broccoli Florets<br>Applesauce Cup, WW Roll<br><i>Fresh Garden Bar</i>                | <b>14</b> Taco in a Bag w/Shredded<br>Lettuce, Tomato & Cheese<br>Steamed Brown Rice<br>Seasoned Black Beans<br>Fruit Cocktail Cup, Jello<br><i>Fresh Garden Bar</i> | <b>15</b> WG Garlic Cheese Pizza<br>Fruit & Yogurt Parfait<br>Mixed Vegetables<br>Baby Carrots<br>Pineapple Cup, Grahams<br><i>Fresh Garden Bar</i>                   |
| <b>18</b> Chicken Quesadilla<br>Steamed Brown Rice<br>Mexicali Corn<br>Fresh Broccoli Florets<br>Applesauce Cup<br><i>Fresh Garden Bar</i>                   | <b>19</b> Pepperoni Pizza<br>Yogurt Cup<br>3 Bean Salad, Red Peppers<br>Peas & Carrots<br>Frozen Fruit Shape Up<br><i>Fresh Garden Bar</i>                  | <b>20</b> <u><i>Breakfast for Lunch</i></u><br>Chicken Patty on Biscuit<br>String Cheese<br>Hashbrown Triangles, Celery<br>Fresh Mixed Fruit Salad<br><i>Fresh Garden Bar</i> | <b>21</b> Baked Fish on WW Bun<br>OR Corndog<br>Baked Sweet Potato Fries<br>Mixed Vegetables, Carrots<br>Diced Pear Cup<br><i>Fresh Garden Bar</i>                   | <b>22</b> Penne Pasta w/Meatballs<br>WG Cheese Breadstick<br>Garlic Green Beans<br>Spinach & Tomatoes<br>Bagged Apple Slices, Pudding<br><i>Fresh Garden Bar</i>      |
| <b>25</b> Cheeseburger on WW Bun<br>Sweet Potato Tots<br>Vegetarian Baked Beans<br>Fresh Broccoli Florets<br>Diced Peach Cup<br><i>Fresh Garden Bar</i>      | <b>26</b> Baked Chicken Nuggets<br>Roasted Red Potatoes<br>Broccoli w/Cheese Sauce<br>Fruit Cocktail Cup<br>WW Roll/Margarine<br><i>Fresh Garden Bar</i>    | <b>27</b> Taco in a Bag w/Shredded<br>Lettuce, Tomato & Cheese<br>Steamed Brown Rice<br>Sweet Corn<br>Pineapple Cup, Jello<br><i>Fresh Garden Bar</i>                         | <b>28</b> Shredded Pork BBQ/Bun<br>Mixed Vegetables<br>Roasted Tri Color Potatoes<br>Broccoli Slaw<br>Baked Cinnamon Apples<br><i>Fresh Garden Bar</i>               | <b>29</b> General Tso's Chicken<br>Vegetable Egg Roll<br>Brown Rice, Glazed Carrots<br>Crisp Cucumber Slices<br>Mandarin Orange Cup<br><i>Fresh Garden Bar</i>        |

All meals include a variety of milk and availability of water. Menus are subject to change.

Fresh Garden Bar is available daily with lettuce, tomato, carrots and fresh fruit plus other fresh produce items. A turkey and/or ham sandwich is available daily as a 2nd entrée choice.

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

**PAYMENTS FOR OUTSTANDING MEAL ACCOUNTS SHOULD BE PAID IN FULL AT THIS TIME.**

*Past accrued debt on Child Nutrition accounts remains the responsibility of the parent/guardian.*