

# LICKING VALLEY MIDDLE SCHOOL 2019-2020 Menu



www.lickingvalley.k12.oh.us



**MENU #1**

<b>MONDAY</b> Loaded Baked Potato Bar Ham, Bacon Bits, Cheese, Taco Meat, Broccoli Yogurt Apple Pie Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Grilled Chicken Sandwich	<b>TUESDAY</b> Tacos Cheese/Lettuce Cowboy Corn Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Quesadilla w/Marinara	<b>WEDNESDAY</b> Stuffed Crust Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None	<b>THURSDAY</b> Brunch for Lunch Powdered Funnel Cake Turkey Sausage Links Baked Hash Brown Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Chicken Nuggets	<b>FRIDAY</b> Mini Corn Dogs Macaroni and Cheese Green Beans Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Calzone
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**MENU #2**

<b>MONDAY</b> Grilled Hamburger on WG Bun French Fries Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Ravioli w/Garlic Toast	<b>TUESDAY</b> Sweet & Sour Chicken Steamed Rice Egg Roll Oriental Vegetables Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Shredded Chicken Sandwich	<b>WEDNESDAY</b> Panther Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None	<b>THURSDAY</b> Chicken Tenders Corn Celebration Cupcake Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Cheese Filled Breadsticks w/ Marinara Sauce	<b>FRIDAY</b> Burrito Bar Cilantro Lime Rice, Seasoned Chicken Salsa, Black Beans, Corn Salsa, Fajita Vegetables, Cheese, Lettuce Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Macaroni & Cheese
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**MENU #3**

<b>MONDAY</b> General Tso Chicken Steamed Rice Egg Roll Oriental Vegetable Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Hot Dog on WG Bun Coney Sauce/Cheese Optional	<b>TUESDAY</b> "LV BOWLS" Whipped Potatoes, Popcorn Chicken, Gravy, Corn, Cheese, WG Roll Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None	<b>WEDNESDAY</b> Donatos WG Pizza Caesar Salad Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None	<b>THURSDAY</b> Brunch for Lunch Cinnamon Glazed French Toast Turkey Sausage Link Baked Hash Browns Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Turkey, Bacon Club Sub	<b>FRIDAY</b> Chicken Alfredo Garlic Toast Mixed Vegetables Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • French Bread Pizza
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**MENU #4**

<b>MONDAY</b> Chicken Tender Wrap Cheese/Lettuce Sunchips w/Hummus Fresh Fruit/ Applesauce Cup <i>Alternate Hot Lunch</i> • None	<b>TUESDAY</b> Haystacks Cheese/Lettuce Refried Beans Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Cheesy Bread w/Marinara	<b>WEDNESDAY</b> Bosco Pizzas Celery/Carrots w/Dip Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • None	<b>THURSDAY</b> Breaded Chicken Patty Sandwich (Regular of Spicy) Cheesy Potatoes Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Popcorn Shrimp	<b>FRIDAY</b> Pretzel w/Cheese Yogurt Mixed Vegetables Fresh or Canned Fruit <i>Alternate Hot Lunch</i> • Rotini w/Garlic Toast
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**LUNCH PRICES**  
\$2.50/ Reduced \$ .40  
Adult \$3.00  
Extra Milk: \$.50

**BREAKFAST:**  
Free to ALL students  
Adult \$1.00  
*Menu is subject to change!*

**BREAKFAST MENU**

MON	Breakfast Pancake Fruit/Juice Milk
TUES	Breakfast Sandwich Or Pastry Fresh Fruit Milk
WED	Breakfast Pastry Fruit Milk
THURS	Breakfast Sandwich Or Pastry Fresh Fruit Milk
FRI	Assorted Breakfast Entrees Fruit/Juice Milk

We encourage students to build their trays the healthy way using **1 Great Tray™**. A colorful and healthy school lunch tray features 1/2 fruits and vegetables, lean protein and whole grains with a serving of skim milk.

\*Free and reduced applications are available online at [www.schoollunchapp.com](http://www.schoollunchapp.com) or you can obtain a paper application from your students' school secretary or by contacting the Food Service Department at (740) 763-2433. Application results can be obtained online at the School Lunch Status link within 2 or 3 days of submission.

Payments can be made online through EZPay or can be sent to school with your student.

All hot and cold ala carte items are offered with a vegetable or fruit. Students will be able to choose two additional sides or one side and a milk to create a "BUILD-A-LUNCH" option.

WG = Whole Grain

Carrots, Romaine Salad, Chick Peas and Milk/Water offered with every meal

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

This Institution is an equal opportunity provider.

AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
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1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1	1 2 3 4 5 6 7	1 2 3 4	1 2
4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	2 3 4 5 6 7 8	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	9 10 11 12 13 14 15	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	16 17 18 19 20 21 22	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30 31	23 24 25 26 27 28 29	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30