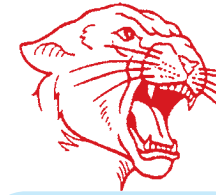


LICKING VALLEY MIDDLE SCHOOL 2018-2019 Menu



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!

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.

MENU #1	MONDAY Chicken Tender Wrap Cheese/Lettuce Sunchips w/Hummus Fresh Fruit/ Applesauce Cup <u>Alternate Hot Lunch</u> • None	TUESDAY Haystacks Cheese/Lettuce Refried Beans Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Cheesy Bread w/Marinara	WEDNESDAY Bosco Pizzas Celery/Carrots w/Dip Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • None	THURSDAY Brunch for Lunch Powdered Funnel Cake Turkey Sausage Links Baked Hash Brown Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Lasagna Roll w/Garlic Toast	FRIDAY Pretzel w/Cheese Yogurt Mixed Vegetables Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Quesadilla w/Marinara
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MENU #2	MONDAY Loaded Baked Potato Bar Ham, Bacon Bits, Cheese, Taco Meat, Broccoli Yogurt Apple Pie Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Shredded Chicken Sandwich	TUESDAY Oriental Chicken w/Rice Egg Roll Far East Blend Vegetables Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Fajita Chicken Wrap	WEDNESDAY Stuffed Crust Pizza Caesar Salad Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • None	THURSDAY Breaded Chicken Patty Sandwich (Regular or Spicy) Cheesy Potatoes Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • BBQ Pork Onion Rings	FRIDAY Mini Corn Dogs Macaroni and Cheese Green Beans Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Calzone
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MENU #3	MONDAY Grilled Hamburger on WG Bun French Fries Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Meatball Sub	TUESDAY Chicken Tenders Corn Celebration Cupcake Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Cheese Filled Breadsticks w/ Marinara Sauce	WEDNESDAY Panther Pizza Caesar Salad Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • None	THURSDAY Brunch for Lunch Cinnamon Glazed French Toast Turkey Sausage Link Seasoned Cubed Hash Browns Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Rotini w/Garlic Toast	FRIDAY Burrito Bar Cilantro Lime Rice, Seasoned Chicken Salsa, Black Beans, Corn Salsa, Fajita Vegetables, Cheese, Lettuce Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Macaroni & Cheese
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MENU #4	MONDAY Hotdog on WG Bun Coney Sauce/Cheese (optional) French Fries Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Oriental Chicken w/Rice	TUESDAY "LV BOWLS" Whipped Potatoes, Popcorn Chicken, Gravy, Corn, Cheese, WG Roll Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • None	WEDNESDAY Donatos WG Pizza Caesar Salad Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • None	THURSDAY Tacos Cheese/Lettuce Cowboy Corn Salad Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Ravioli w/Garlic Toast	FRIDAY Chicken Alfredo Garlic Toast Mixed Vegetables Fresh or Canned Fruit <u>Alternate Hot Lunch</u> • Specialty Pizza
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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

*Free and reduced applications are available online at 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 2018	SEPTEMBER 2018	OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018	JANUARY 2019	FEBRUARY 2019	MARCH 2019	APRIL 2019	MAY 2019
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1 2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2	1 2	1 2 3 4 5 6	1 2 3 4
5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	6 7 8 9 10 11 12	3 4 5 6 7 8 9	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19	10 11 12 13 14 15 16	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26	17 18 19 20 21 22 23	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30 31	24 25 26 27 28	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31