

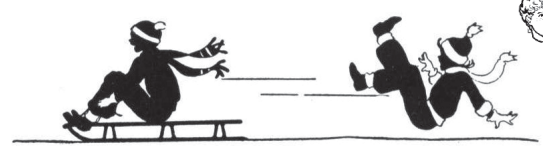
**Lunch Includes:**

- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



*January, 2018*
  
**Monthly Menu**
  
**Price Per Lunch \$2.75**

Let's Do School Lunch!



If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year!</b>	Oven Baked Chicken with a Corn Muffin <span style="float: right;">2</span>  or A) Hot Dog on a Bun  Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	Salisbury Steak with Gravy & Breadstick <span style="float: right;">3</span>  or A) Chicken Patty on a Bun  Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Chicken Tenders with a Fresh Baked Pretzel Rod <span style="float: right;">4</span>  or A) Hamburger or Cheeseburger on a Bun  Baked Beans or Tossed Garden Salad Pears	Breaded Mozzarella Sticks with Marinara Dipping Sauce <span style="float: right;">5</span>  or A) Cheese Pizza  Green Beans Peaches or Seasonal Fresh Fruit  Cookie Treat!
Cheese Quesadilla with Salsa <span style="float: right;">8</span>  or A) Chicken Nuggets with a Roll  Carrots Applesauce Cup or Seasonal Fresh Fruit	Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) <span style="float: right;">9</span>  or A) Corn Dog  Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	Salisbury Steak with Gravy & Roll <span style="float: right;">10</span>  or A) Popcorn Chicken with a Roll  Mashed Potatoes Mixed Fruit or Seasonal Fresh Fruit  BBQ Potato Crisps	Crispy Oven Fried Chicken Drumstick with a Roll <span style="float: right;">11</span>  or A) Hamburger or Cheeseburger on a Bun  Potato Wedges or Tossed Garden Salad Mandarin Oranges	Grilled Cheese Sandwich <span style="float: right;">12</span>  or A) Cheese Pizza  French Fries Blueberry Yogurt Parfait or Seasonal Fresh Fruit

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**  
 Look on the reverse side for three more weeks of menu selections!



## 5 Ways to Avoid Sports Injuries

Playing sports is a lot of fun. Getting hurt is not. Take these five steps to prevent injuries so you can stay in the game.

- 1 Wear Protective Gear**

Protective gear is anything you wear that helps keep you from getting hurt. The gear you wear depends on the sport you play (e.g. helmets or protective pads).
- 4 Watch Out for Others**

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being courteous.
- 2 Warm Up**

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So take a light jog to get loosened up and ready to play.
- 5 Don't Play When You're Injured**

This is a really important one. If you love sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt—or before an injury has had a chance to fully heal—is a bad idea. It can lead to an even worse injury, one that might sideline you for a long time.
- 3 Know the Rules of the Game**

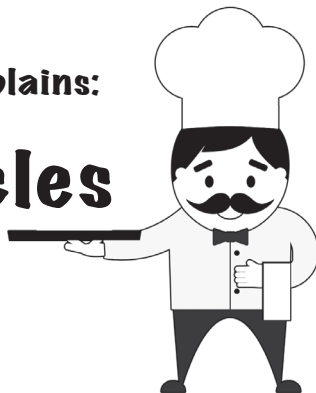
When players know the rules of the game—what's legal and what's not—fewer injuries happen. You and the other players know what to expect from each other.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>15</p>	<p>16</p> <p>Pasta with Meat Sauce &amp; Garlic Toast</p> <p>or A) Hot Dog on a Bun</p> <p>Green Beans <i>or</i> Tossed Garden Salad Pears</p> <p>Fun &amp; Fitness Cookie Treat!</p>	<p>17</p> <p>Manwich Sloppy Joe on a Bun</p> <p>or A) Chicken Patty on a Bun</p> <p>Baked Beans</p> <p>Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit</p>	<p>18</p> <p>Fiestada Pizza</p> <p>or A) Hamburger or Cheeseburger on a Bun</p> <p>Corn <i>or</i> Tossed Garden Salad Raisins</p>	<p>19</p> <p>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</p> <p>or A) Cheese Pizza</p> <p>Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit</p>
<p>22</p> <p>Cheese Calzone</p> <p>or A) Chicken Nuggets with a Roll</p> <p>Carrot Sticks with Dip Applesauce Cup <i>or</i> Seasonal Fresh Fruit</p>	<p>23</p> <p>Walking Taco (Beef Taco Meat &amp; Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans &amp; Salsa)</p> <p>or A) Corn Dog</p> <p>Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice</p>	<p>24</p> <p>Meatball Sub</p> <p>or A) Popcorn Chicken with a Roll</p> <p>Potato Wedges</p> <p>Peach Cup <i>or</i> Seasonal Fresh Fruit</p>	<p>25</p> <p>Popcorn Chicken with Rice &amp; Breadstick (optional Mandarin Orange Sauce)</p> <p>or A) Hamburger or Cheeseburger on a Bun</p> <p>Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges</p>	<p>26</p> <p>Mac &amp; Cheese with a Pretzel Rod</p> <p>or A) Cheese Pizza</p> <p>Green Beans Pears <i>or</i> Seasonal Fresh Fruit</p> 
<b>CATHOLIC SCHOOLS WEEK JAN 28TH-FEB 3TH</b>				
<p>29</p> <p>Pepperoni Pizza</p> <p>or A) Chicken Nuggets with a Roll</p> <p>Carrots</p> <p>Apple Slices <i>or</i> Seasonal Fresh Fruit</p>	<p>30</p> <p>Oven Baked Chicken with a Corn Muffin</p> <p>or A) Hot Dog on a Bun</p> <p>Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup</p>	<p>31</p> <p>Salisbury Steak with Gravy &amp; Breadstick</p> <p>or A) Chicken Patty on a Bun</p> <p>Mashed Potatoes</p> <p>Strawberry Cup <i>or</i> Seasonal Fresh Fruit</p>		

\*Please note that at least one vegetable or fruit side must be chosen with each lunch.

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**

## Chef Louie Explains: Getting Muscles



Ever wish you could be as muscular as a superhero or your favorite professional athlete? Well, the big muscles you're thinking about aren't possible for children. Professional athletes are grownups, whose bodies are different from children's bodies in many ways. On the bright side, both boys and girls **can** do a lot to build strong, healthy muscles.

### Playing Makes Muscles

It sounds too simple, but it's true. Playing, running, jumping, and riding your bike can make your muscles stronger. Any physical activity you like to do—from dancing to playing football—can make you stronger. Why? Because you're using your muscles when you perform the activity.

### Eat Strong

What should you eat if you want strong muscles? You might think you need a lot of foods that contain protein (such as meat and eggs) or foods that contain iron. But no one magical food helps build muscles. Your muscles—and your entire body—will be strong and healthy if you eat a variety of nutritious foods.

### Should You Pump Iron?

Some children want to lift weights so they can look bigger and stronger. But lifting weights won't produce big muscles in children who haven't gone through puberty yet, and lifting heavy weights can be dangerous to children's muscles and tendons.