

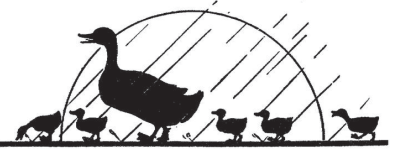
Lunch Includes:

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



April, 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
Happy Easter				
Turkey & Cheese Sub 9 or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit	Pasta with Meat Sauce & a Roll 10 or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears BBQ Potato Crisps	Fiestada Pizza 11 or A) Chicken Patty on a Bun Corn or Tossed Garden Salad Raisins	Honey BBQ Riblets with a Breadstick 12 or A) Hamburger or Cheeseburger on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	Cheese Stuffed Breadsticks with Marinara Dipping Sauce 13 or A) Cheese Pizza Broccoli Strawberry Cup 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!



Stay Safe: Baseball



Baseball is a great way to stay fit and be active! Yet as you get older, baseball becomes a little more challenging—pitchers can throw the ball a lot faster and hitters smack the ball with more power. That means injuries can be more serious if you get hit by a pitch or a batted ball. Older children can run faster, too, so you've got to be extra alert when you're playing. No more looking at butterflies in the outfield! So to stay safe when playing baseball make sure to:





- Have the right gear
- Make sure to bring the gear with you
- Wear your helmet
- Warm up
- Stay alert—watch out for practice swings



- Develop your batter's stance
- Never throw bats or helmets
- Keep your head up when running bases
- Know your position and call that ball
- Watch out for foul balls



April, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Calzone ¹⁶ or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce Cup or Seasonal Fresh Fruit	Popcorn Chicken with Rice ¹⁷ (optional Mandarin Orange Sauce) or A) Corn Dog Broccoli or Tossed Garden Salad Mandarin Oranges 	Meatball Sub ¹⁸ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	Walking Taco ¹⁹ (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Mac & Cheese with a Pretzel Rod ²⁰ or A) Cheese Pizza Green Beans Pears or Seasonal Fresh Fruit 
Salisbury Steak with Gravy & a Breadstick ²³ or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Oven Baked Chicken with a Corn Muffin ²⁴ or A) Corn Dog Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza ²⁵ or A) Chicken Patty on a Bun Carrots Apple Slices or Seasonal Fresh Fruit 	Chicken Tenders ²⁶ or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mixed Fruit	Breaded Mozzarella Sticks with Dipping Sauce ²⁷ or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit BBQ Potato Crisps
Cheese Quesadilla with Salsa ³⁰ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	 <h1 style="font-size: 4em; margin: 0;">SPRING</h1> 			

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

SUBSTITUTION OF ITEMS MAY BE NECESSARY



10 Ways to Be a Good Sport

Have you ever played on a team with somebody who hated to lose? Or maybe you have a tough time if you lose anything—even a game of tic-tac-toe.

Some children find it extra-hard to lose, but everyone needs to learn how to do it. Learning to lose without losing your cool is a skill, like learning to ride a bike. You might not be able to do it at first, but over time it will get easier. And when you can handle losing, people will call you a good sport.

1. Be polite
2. Don't show off
3. Tell your opponents "good game"
4. Learn the rules
5. Listen to your coaches
6. Don't argue with an official
7. Don't make up excuses or blame a teammate
8. Be willing to sit out
9. Play fair and don't cheat
10. Cheer for your teammates



Information adapted from kidshealth.org

This institution is an equal opportunity provider.