

Lunch Includes:

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






December, 2018

Monthly Menu
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Sliders 3 or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit 	Fiestada Pizza 4 or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast 5 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 6 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod 7 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip  Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll 10 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Popcorn Chicken with a Roll 11 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza 12 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit 	Chicken Tenders 13 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce 14 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa 17 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos 18 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub 19 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll 20 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich 21 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat

Merry Christmas!



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

Look on reverse side for fun and learning with Chef Louie

SUBSTITUTION OF ITEMS MAY BE NECESSARY

This institution is an equal opportunity provider.

Focus on Protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy, nuts, and seeds) sources. Most Americans eat enough protein, but need to make leaner and more varied selections of these foods. Getting your protein from a variety of sources will improve the health benefits and nutrient intake.

1. Vary your protein food dishes

Experiment with beans, peas, nuts, soy, or seafood as main dishes.

2. Choose seafood twice a week

Eat a variety of seafood twice a week, choose those higher in healthy oils and low in mercury (e.g., salmon, trout, and herring).

3. Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4. Save money with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5. Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. Plant proteins are naturally low in saturated fat and high in fiber.

Build a Healthy Plate with Protein!

Health Benefits

Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

B vitamins help the body release energy, is vital to the nervous system, helps to form red blood cells, and build tissues.

Magnesium is used in building bones and in releasing energy from muscles.

Zinc is necessary for biochemical reactions and helps the immune system function properly.

EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

Quick Tip! Try grilling, broiling, roasting, or baking--these methods don't add extra fat and taste great!

Protein



Chef Louie Presents...

Health Bite

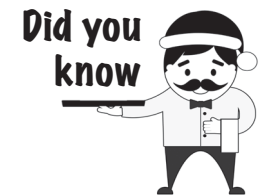


Pork has more protein than chicken and is high in zinc, iron and B-vitamins.



In Denmark, there are twice as many pigs for every 100 residents!

Pigs are the most common type of livestock in Europe. However, Denmark is the only European nation with more pigs than people.



Did you know



Lunchtime Joke



What do you call a pig that knows karate?

Answer:
A Pork Chop!

