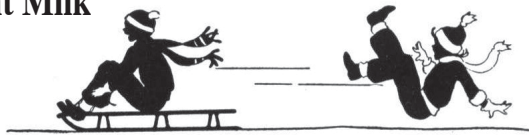


Lunch Includes:

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



January, 2019

Monthly Menu
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Happy New Year!</h2>		Pasta with Meat Sauce & Garlic Toast 2 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 3 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod 4 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll 7 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Roasted Chicken with Corn Muffin 8 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza 9 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	Chicken Tenders 10 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce 11 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa 14 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos 15 (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 16 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken 17 Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich 18 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
 21	Walking Taco 22 (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick 23 or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice 24 (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce 25 or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
Catholic Schools Week January 27th - February 2nd				
Cheeseburger Sliders 28 or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	Fiestada Pizza 29 or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast 30 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 31 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	

*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 Grains

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make at least half your grains whole grains.

1. Search the label

Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2. Look for the word “whole” before the ingredient on the label

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3. Choose whole grains at school

Prepare meals and snacks with whole grains at home so your child will be more likely to choose whole-grain foods at school.

4. Find the fiber on the label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5. Is there gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

**Build a Healthy Plate
with Whole Grains!**

Health Benefits

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.

Eating whole grains may help with weight management. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system

Quick Tip! To increase your health benefits from grains, make at least half your grains whole-grains!

Grains



Chef Louie Presents...

Health Bite



Chef Louie loves spaghetti--but, white pasta is filled with refined carbohydrates, which means you're essentially eating empty calories that convert into sugar. White carbs are stripped of their natural fibers, causing you to feel hungry more quickly and creating a spike in blood sugar.



January 4th is National Spaghetti Day! Try making spaghetti with whole-grain pasta as a healthier alternative.

Did you know



Lunchtime Joke



Why is the spaghetti so smart?

Answer:
It uses it's noodle!

