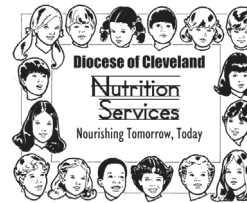


# Lunch Includes:

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

# May, 2019

Monthly Menu  
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
		Personal Pepperoni Pizza <b>1</b> or A) Chicken Patty on a Bun  Corn Pears <i>or</i> Seasonal Fresh Fruit	Chicken Tenders <b>2</b> or A) Hamburger or Cheeseburger on a Bun  Baked Beans <i>or</i> Tossed Garden Salad Mandarin Oranges	Mozzarella Sticks with Dipping Sauce <b>3</b> or A) Cheese Pizza Slice (with optional Dipping Sauce)  Broccoli Fruit Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat
School Nutrition Employee Week! May 6th-10th				
Cheese Quesadilla with Salsa <b>6</b> or A) Chicken Nuggets with a Roll  Carrots Peaches <i>or</i> Seasonal Fresh Fruit	Beef Nachos <b>7</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun  Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice	Meatball Sub <b>8</b> or A) Popcorn Chicken with a Roll  Potato Wedges Applesauce <i>or</i> Seasonal Fresh Fruit  Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll <b>9</b> or A) Hamburger or Cheeseburger on a Bun  French Fries <i>or</i> Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich <b>10</b> or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Green Beans Fruit Yogurt Parfait <i>or</i> Seasonal Fresh Fruit Cheetos Treat
French Toast Sticks with Syrup <b>13</b> or A) Chicken Nuggets with a Roll  Tator Tots Fruit Cup <i>or</i> Seasonal Fresh Fruit	Walking Taco <b>14</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Green Beans <i>or</i> Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick <b>15</b> or A) Chicken Patty on a Bun  Mashed Potatoes Applesauce <i>or</i> Seasonal Fresh Fruit	Popcorn Chicken with Rice (optional Mandarin Orange Sauce) <b>16</b> or A) Hamburger or Cheeseburger on a Bun  Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce <b>17</b> or A) Cheese Pizza Slice (with optional Dipping Sauce) Carrot Sticks with Dip Pears <i>or</i> Seasonal Fresh Fruit
Cheeseburger Sliders <b>20</b> or A) Chicken Nuggets with a Roll  French Fries Peaches <i>or</i> Seasonal Fresh Fruit	Fiestada Pizza <b>21</b> or A) Hot Dog on a Bun  Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast <b>22</b> or A) Popcorn Chicken with Garlic Toast  Green Beans Fruit Cup <i>or</i> Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick <b>23</b> or A) Hamburger or Cheeseburger on a Bun  Baked Beans <i>or</i> Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod <b>24</b> or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Carrot Sticks with Dip Mixed Fruit <i>or</i> Seasonal Fresh Fruit
 	Roasted Chicken with a Corn Muffin <b>28</b> or A) Corn Dog  Carrots <i>or</i> Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza <b>29</b> or A) Chicken Patty on a Bun  Corn Pears <i>or</i> Seasonal Fresh Fruit	Chicken Tenders <b>30</b> or A) Hamburger or Cheeseburger on a Bun  Baked Beans <i>or</i> Tossed Garden Salad Mandarin Oranges	Mozzarella Sticks with Dipping Sauce <b>31</b> or A) Cheese Pizza Slice (with optional Dipping Sauce)  Broccoli Fruit Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat

\*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.

# Let's Get Moving



In addition to a healthy diet, children also need at least 60 minutes of physical activity each day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping and make you feel good about yourself.

## Make family time active time!

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your children.
- Play on a playground or hike at a local park.



## Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.



## Chef Louie Presents...

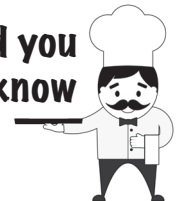
### Health Bite



Drink water instead of sugary drinks (sugary drinks include fruit drinks and sports drinks--always check the nutrition label). Children can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.

There are about 10 packets of sugar in a 12-ounce can of soda. That's more sugar than anyone should consume in a whole day!

### Did you know



### Lunchtime Joke



Why do bananas use sunscreen?

Answer:  
Because they peel!

