

Lunch Includes:

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



December, 2017

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
Monday Cheese Quesadilla 4 or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	Tuesday Beef Nachos 5 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	Wednesday St. Nicholas Day 6 Meatloaf with Gravy & Roll or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	Thursday Crispy Oven Fried Chicken Drumstick with a Roll 7 or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	Friday Lasagna Roll-Up with Breadstick 1 or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit Cookie Treat!
Monday Grilled Cheese Sandwich 8 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 two more weeks of menu selections!



What If I Don't Like Sports?

Not everyone likes organized sports or team sports. If this sounds like you, don't sweat it. We're going to talk about what keeps some children from liking sports. With a few changes, you might find out that there is a sport out there that you could like. But if not, we'll suggest other fun ways to stay active.



Learning About Sports



Sometimes, children feel that they don't like sports because they might not understand how to play them or they haven't had much practice doing them. There are lots of ways to learn about and experience sports: gym class, school teams, videos, DVDs, books, or if you have an older friend or family member who's good at a sport, you might ask him or her to help you practice.

A Bad Sports Experience



Some children don't like organized sports because they were once on a team and they didn't have fun. Maybe all of the other players seemed to know what they were doing and you felt unsure. Or maybe you didn't like the pressure of competing against other teams. Competition can bring out some intense emotions. But team sports also can be a great experience. Teammates get to improve their skills and feel that team spirit as they work together toward a common goal. If you've had a bad experience with a team, maybe it's time to try a new sport or a new league. Some leagues and programs emphasize skill building over competition — and some leagues don't even keep score!