

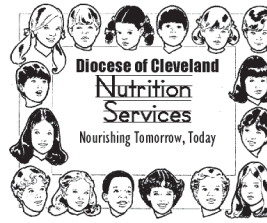
# Lunch Includes:

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



# November, 2018

Monthly Menu  
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Popcorn</b> <span style="float: right;">1</span> <b>Chicken with Rice</b> <small>(optional Mandarin Orange Sauce)</small> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Broccoli or Tossed Garden Salad</b> <b>Mixed Fruit</b> Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <span style="float: right;">2</span>  or A) <b>Cheese Pizza Slice</b> <b>Carrot Sticks with Dip</b> <b>Pears or Seasonal Fresh Fruit</b>
<b>Cheeseburger Sliders</b> <span style="float: right;">5</span> or A) <b>Chicken Nuggets with a Roll</b> <b>French Fries</b> <b>Peaches or Seasonal Fresh Fruit</b>	<b>Fiestada Pizza</b> <span style="float: right;">6</span> or A) <b>Hot Dog on a Bun</b> <b>Corn or Tossed Garden Salad</b> <b>Frozen Juice Cup</b>	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <span style="float: right;">7</span> or A) <b>Popcorn Chicken with Garlic Toast</b> <b>Green Beans</b> <b>Apple Slices or Seasonal Fresh Fruit</b>	<b>Honey BBQ Riblets with a Breadstick</b> <span style="float: right;">8</span> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Baked Beans or Tossed Garden Salad</b> <b>Sunshine Smoothie</b>	<b>Mac &amp; Cheese with Pretzel Rod</b> <span style="float: right;">9</span> or A) <b>Cheesy Garlic Flatbread</b> <b>Carrot Sticks with Dip</b> <b>Mixed Fruit or Seasonal Fresh Fruit</b>
<b>Salisbury Steak with Gravy &amp; a Roll</b> <span style="float: right;">12</span> or A) <b>Chicken Nuggets with a Roll</b> <b>Mashed Potatoes</b> <b>Applesauce Cup or Seasonal Fresh Fruit</b> Cookie Treat	<b>Popcorn Chicken with a Roll</b> <span style="float: right;">13</span>  or A) <b>Corn Dog</b> <b>Carrots or Tossed Garden Salad</b> <b>Frozen Juice Cup</b>	<b>Personal Pepperoni Pizza</b> <span style="float: right;">14</span> or A) <b>Chicken Patty on a Bun</b> <b>Corn</b> <b>Pears or Seasonal Fresh Fruit</b>	<b>Chicken Tenders</b> <span style="float: right;">15</span> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Baked Beans or Tossed Garden Salad</b> <b>Apple Slices</b>	<b>Mozzarella Sticks with Dipping Sauce</b> <span style="float: right;">16</span> or A) <b>Cheese Pizza Slice</b> <b>Broccoli</b> <b>Strawberry Cup or Seasonal Fresh Fruit</b> Cookie Treat
<b>Cheese Quesadilla with Salsa</b> <span style="float: right;">19</span> or A) <b>Chicken Nuggets with a Roll</b> <b>Carrots</b> <b>Peaches or Seasonal Fresh Fruit</b>	<b>Beef Nachos</b> <span style="float: right;">20</span> <small>(Taco Meat &amp; Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans)</small> or A) <b>Hot Dog on a Bun</b> <b>Corn or Tossed Garden Salad</b> <b>100% Fruit Juice</b>	<b>Meatball Sub</b> <span style="float: right;">21</span> or A) <b>Popcorn Chicken with a Roll</b> <b>Potato Wedges</b> <b>Applesauce or Seasonal Fresh Fruit</b> Cookie Treat	<span style="float: right;">22</span> <b>Happy Thanksgiving!</b> <span style="float: right;">23</span> 	
<b>French Toast Sticks with Syrup</b> <span style="float: right;">26</span> or A) <b>Chicken Nuggets with a Roll</b> <b>Tator Tots</b> <b>Peach Cup or Seasonal Fresh Fruit</b>	<b>Walking Taco</b> <span style="float: right;">27</span> <small>(Beef Taco Meat &amp; Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans &amp; Salsa)</small> or A) <b>Corn Dog</b> <b>Corn or Tossed Garden Salad</b> <b>100% Fruit Juice</b> Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <span style="float: right;">28</span> or A) <b>Chicken Patty on a Bun</b> <b>Mashed Potatoes</b> <b>Applesauce or Seasonal Fresh Fruit</b>	<b>Popcorn Chicken with Rice</b> <span style="float: right;">29</span> <small>(optional Mandarin Orange Sauce)</small> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Broccoli or Tossed Garden Salad</b> <b>Mixed Fruit</b> Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <span style="float: right;">30</span> or A) <b>Cheese Pizza Slice</b> <b>Carrot Sticks with Dip</b> <b>Pears or Seasonal Fresh Fruit</b>

\*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 Veggies

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

## 1. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

## 2. Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies.

## 3. Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

## 4. Savor the flavor of seasonal veggies

Buy vegetables that are in season for maximum flavor at a lower cost.

## 5. Vary your veggies

Choose a new vegetable that you've never tried before.

**Build a Healthy Plate  
with Vegetables!**

## Vegetable Tips

Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes.

Buy packages of veggies such as baby carrots or celery sticks for quick snacks.

Use a microwave to quickly "zap" vegetables. White or sweet potatoes can be baked quickly this way.

Vary your veggie choices to keep meals interesting.

Try crunchy vegetables, raw or lightly steamed.

Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.

Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.

**Quick Tip!** Use herbs or no-salt spice mixes instead of salt, butter, or stick margarine to season vegetable dishes.

**Vegetables**



**Chef Louie Presents...**

**Health Bite**



Sweet potatoes are a rich source of fiber as well as many vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potatoes is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed.

According to the Guinness Book of World Records, the world's heaviest sweet potato weighed a whopping 81 pounds and 9 ounces!

**Did you know**



**Lunchtime Joke**



Why shouldn't you tell a secret on a farm?

Answer:  
Because the potatoes have eyes and the corn have ears.

