

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 <i>or</i> Seasonal Fresh Fruit  | Fiestada Pizza 4 or A) Hot Dog on a Bun Corn <i>or</i> Tossed Garden Salad Frozen Juice Cup | Pasta with Meat Sauce & Garlic Toast 5 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices <i>or</i> Seasonal Fresh Fruit | Honey BBQ Riblets with a Breadstick 6 or A) Hamburger or Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Sunshine Smoothie | Mac & Cheese with Pretzel Rod 7 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit <i>or</i> Seasonal Fresh Fruit  |
| Salisbury Steak with Gravy & a Roll 10 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat | Popcorn Chicken with a Roll 11 or A) Corn Dog Carrots <i>or</i> Tossed Garden Salad Frozen Juice Cup | Personal Pepperoni Pizza 12 or A) Chicken Patty on a Bun Corn Pears <i>or</i> Seasonal Fresh Fruit  | Chicken Tenders 13 or A) Hamburger or Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Apple Slices | Mozzarella Sticks with Dipping Sauce 14 or A) Cheese Pizza Slice Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit Cookie Treat |
| Cheese Quesadilla with Salsa 17 or A) Chicken Nuggets with a Roll Carrots Peaches <i>or</i> 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 <i>or</i> Tossed Garden Salad 100% Fruit Juice | Meatball Sub 19 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 20 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes <i>or</i> Tossed Garden Salad Mixed Fruit | Grilled Cheese Sandwich 21 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait <i>or</i> 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.

SUBSTITUTION OF ITEMS MAY BE NECESSARY

Look on reverse side for fun and learning with Chef Louie

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

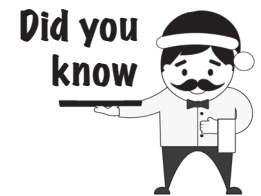


Pork has more protein than chicken and is high in zinc, iron and B-vitamins.



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!

