

Lunch Includes:

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



May, 2018
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
	Beef Nachos ¹ (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Hot Dog on a Bun Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	Salisbury Steak ² with Gravy & a Breadstick or A) Popcorn Chicken with a Roll Mashed Potatoes Mixed Fruit or Seasonal Fresh Fruit BBQ Potato Crisps	Crispy Oven Fried Chicken Drumstick ³ with a Roll or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	Grilled Cheese Sandwich ⁴ or A) Cheese Pizza French Fries Blueberry Yogurt Parfait or Seasonal Fresh Fruit
	School Nutrition Employee Week! May 7th-11th			
Turkey & Cheese Sub ⁷ or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit	Pasta with Meat Sauce & a Roll ⁸ or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears BBQ Potato Crisps	Fiestada Pizza ⁹ or A) Chicken Patty on a Bun Corn or Tossed Garden Salad Raisins	Honey BBQ Riblets ¹⁰ with a Breadstick or A) Hamburger or Cheeseburger on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	Cheese Stuffed Breadsticks ¹¹ with Marinara Dipping Sauce or A) Cheese Pizza Broccoli Strawberry Cup 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 three more weeks of menu selections!



What's Sweat?

You're biking up a hill, pedaling as hard as you can. You're almost there and — what's this? Your back is all wet and so is your face. Don't sweat it — it's only sweat!



Your body works best when its temperature is about 98.6°F (37°C). When your body gets hotter than that, your brain doesn't like it — it wants your body to stay cool and comfortable. So the part of your brain that controls temperature, called the hypothalamus (say: hi-po-THAL-uh-mus), sends a message to your body, telling it to sweat.

The sweat leaves your skin through tiny holes called pores. When the sweat hits the air, the air makes it evaporate (this means it turns from a liquid to a vapor). As the sweat evaporates off your skin, you cool down.

Sweat is a great cooling system, but if you're sweating a lot on a hot day or after playing hard you could be losing too much water through your skin. Then you need to put liquid back in your body by drinking plenty of water so you won't get dehydrated (say: dee-HI-drayt-ed).

