

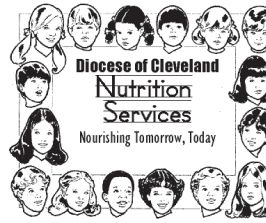
# Lunch Includes:

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







# October, 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>French Toast Sticks with Syrup</b> <b>1</b> or A) <b>Chicken Nuggets with a Roll</b> Tator Tots Peach Cup or Seasonal Fresh Fruit 	<b>Walking Taco</b> <b>2</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) <b>Corn Dog</b> Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <b>3</b> or A) <b>Chicken Patty on a Bun</b> Mashed Potatoes Applesauce or Seasonal Fresh Fruit	<b>Popcorn Chicken with Rice</b> <b>4</b> (optional Mandarin Orange Sauce) or A) <b>Hamburger or Cheeseburger on a Bun</b> Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>5</b> or A) <b>Cheese Pizza Slice</b> Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
<b>Cheeseburger Sliders</b> <b>8</b> or A) <b>Chicken Nuggets with a Roll</b> French Fries Peaches or Seasonal Fresh Fruit 	<b>Fiestada Pizza</b> <b>9</b> or A) <b>Hot Dog on a Bun</b> Corn or Tossed Garden Salad Frozen Juice Cup	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>10</b> or A) <b>Popcorn Chicken with Garlic Toast</b> Green Beans Apple Slices or Seasonal Fresh Fruit	<b>Honey BBQ Riblets with a Breadstick</b> <b>11</b> or A) <b>Hamburger or Cheeseburger on a Bun</b> Baked Beans or Tossed Garden Salad Sunshine Smoothie	<b>Mac &amp; Cheese with Pretzel Rod</b> <b>12</b> or A) <b>Cheesy Garlic Flatbread</b> Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
<b>National School Lunch Week! October 15th-19th</b>				
<b>Salisbury Steak with Gravy &amp; a Roll</b> <b>15</b> or A) <b>Chicken Nuggets with a Roll</b> Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	<b>Oven Baked Chicken with Corn Muffin</b> <b>16</b> or A) <b>Corn Dog</b> Carrots or Tossed Garden Salad Frozen Juice Cup	<b>Personal Pepperoni Pizza</b> <b>17</b> or A) <b>Chicken Patty on a Bun</b> Corn Pears or Seasonal Fresh Fruit	<b>Chicken Tenders</b> <b>18</b> or A) <b>Hamburger or Cheeseburger on a Bun</b> Baked Beans or Tossed Garden Salad Apple Slices	<b>Mozzarella Sticks with Dipping Sauce</b> <b>19</b> or A) <b>Cheese Pizza Slice</b> Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
<b>Cheese Quesadilla with Salsa</b> <b>22</b> or A) <b>Chicken Nuggets with a Roll</b> Carrots Peaches or Seasonal Fresh Fruit	<b>Beef Nachos</b> <b>23</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) <b>Hot Dog on a Bun</b> Corn or Tossed Garden Salad 100% Fruit Juice	<b>Meatball Sub</b> <b>24</b> or A) <b>Popcorn Chicken with a Roll</b> Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>25</b> or A) <b>Hamburger or Cheeseburger on a Bun</b> Roasted Potatoes or Tossed Garden Salad Mixed Fruit	<b>Grilled Cheese Sandwich</b> <b>26</b> or A) <b>Cheesy Garlic Flatbread</b> Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
<b>French Toast Sticks with Syrup</b> <b>29</b> or A) <b>Chicken Nuggets with a Roll</b> Tator Tots Peach Cup or Seasonal Fresh Fruit 	<b>Walking Taco</b> <b>30</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) <b>Corn Dog</b> Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <b>31</b> or A) <b>Chicken Patty on a Bun</b> Mashed Potatoes Applesauce or Seasonal Fresh Fruit		

\*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 Fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

## 1. Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

## 2. Experiment with flavor

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

## 3. Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

## 4. Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

## 5. Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms.

## Build a Healthy Plate with Fruits!

### Why is it important to eat fruit?

Fruits provide nutrients vital for health and maintenance of your body.

Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.

Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).

Diets rich in potassium may help to maintain healthy blood pressure.

Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories.

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.

Folate (folic acid) helps the body form red blood cells.

*Watch out! There is usually very little fruit in chewy fruit snacks or "fruit flavored" beverages (often called fruit drinks or fruit punch).*



**Chef Louie Presents...**

### Health Bite



Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fiber, folic acid, manganese and potassium. They also contain significant amounts of phytonutrients and flavanoids which makes strawberries bright red.

A strawberry isn't technically a berry, or even a fruit. Berries, by definition, have their seeds on the inside, while strawberries clearly don't.

### Did you know



### Lunchtime Joke



How do you make a strawberry shake?

Answer:  
Put it in the freezer!

