

# Lunch Includes:

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



# February, 2019

Monthly Menu  
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Catholic Schools Week January 27th - February 2nd</b>				
 <b>Catholic Schools</b> Learn. Serve. Lead. Succeed.				
<b>Salisbury Steak with Gravy &amp; a Roll</b> <b>4</b> or A) Chicken Nuggets with a Roll  <b>Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit</b> Cookie Treat	<b>Roasted Chicken with a Corn Muffin</b> <b>5</b> or A) Corn Dog  <b>Carrots or Tossed Garden Salad Frozen Juice Cup</b>	<b>Personal Pepperoni Pizza</b> <b>6</b> or A) Chicken Patty on a Bun  <b>Corn Pears or Seasonal Fresh Fruit</b>	<b>Chicken Tenders</b> <b>7</b> or A) Hamburger or Cheeseburger on a Bun  <b>Baked Beans or Tossed Garden Salad Mandarin Oranges</b>	<b>Mac &amp; Cheese with Pretzel Rod</b> <b>1</b> or A) Cheesy Garlic Flatbread (with optional Dipping Sauce)  <b>Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit</b>
<b>Cheese Quesadilla with Salsa</b> <b>11</b> or A) Chicken Nuggets with a Roll  <b>Carrots Peaches or Seasonal Fresh Fruit</b>	<b>Beef Nachos</b> <b>12</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun  <b>Corn or Tossed Garden Salad 100% Fruit Juice</b>	<b>Meatball Sub</b> <b>13</b> or A) Popcorn Chicken with a Roll  <b>Potato Wedges Applesauce or Seasonal Fresh Fruit</b> Cookie Treat	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>14</b> or A) Hamburger or Cheeseburger on a Bun  <b>French Fries or Tossed Garden Salad Mixed Fruit</b>	<b>Grilled Cheese Sandwich</b> <b>15</b> or A) Cheesy Garlic Flatbread (with optional Dipping Sauce)  <b>Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat</b>
<b>Presidents' Day</b> <b>18</b> 	<b>Walking Taco</b> <b>19</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog  <b>Corn or Tossed Garden Salad 100% Fruit Juice</b> Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <b>20</b> or A) Chicken Patty on a Bun  <b>Mashed Potatoes Applesauce or Seasonal Fresh Fruit</b>	<b>Popcorn Chicken with Rice</b> <b>21</b> (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun  <b>Broccoli or Tossed Garden Salad Mandarin Oranges</b> Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>22</b> or A) Cheese Pizza Slice (with optional Dipping Sauce)  <b>Carrot Sticks with Dip Pears or Seasonal Fresh Fruit</b>
<b>Cheeseburger Sliders</b> <b>25</b> or A) Chicken Nuggets with a Roll  <b>French Fries Peaches or Seasonal Fresh Fruit</b>	<b>Fiestada Pizza</b> <b>26</b> or A) Hot Dog on a Bun  <b>Corn or Tossed Garden Salad Frozen Juice Cup</b>	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>27</b> or A) Popcorn Chicken with Garlic Toast  <b>Green Beans Apple Slices or Seasonal Fresh Fruit</b>	<b>Honey BBQ Riblets with a Breadstick</b> <b>28</b> or A) Hamburger or Cheeseburger on a Bun  <b>Baked Beans or Tossed Garden Salad Sunshine Smoothie</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 Dairy

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat.

## 1. “Skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn’t reduce calcium or other essential nutrients.

## 2. Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

## 3. Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

## 4. Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

## 5. What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

## Build a Healthy Plate with Dairy!

### Health Benefits

Eating dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.

Dairy products are especially important to bone health during childhood and adolescence, when bone mass is being built.

Eating dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

Choose dairy products that are fat-free or low-fat and avoid those high in saturated fats and cholesterol, which can have negative health implications.

Diets high in saturated fats raise “bad” cholesterol levels in the blood. The “bad” cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Many cheeses, whole milk, and products made from them are high in saturated fat.

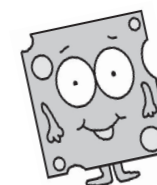
**Quick Tip!** Top a baked potato with fat-free or low-fat yogurt for a healthy alternative to sour cream.

### Dairy



## Chef Louie Presents...

### Health Bite

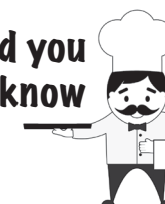


Cheese is a good source of calcium, a key nutrient for healthy bones and teeth, blood clotting, wound healing, and maintaining normal blood pressure. However, cheese can also be high in calories, sodium, and saturated fat. Choose your cheese (and other dairy products) carefully!

There are **thousands** of varieties of cheese.

Also, cheese can be made from the milk of cows, sheep, goats, and other animals.

### Did you know



### Lunchtime Joke



What do you call cheese that doesn’t belong to you?

Answer:  
Nacho cheese!

