

Lunch Includes:

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



March, 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
HAPPY NUTRITION MONTH!				
			1 Chicken Tenders or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mixed Fruit	2 Breaded Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit BBQ Potato Crisps
5 Cheese Quesadilla with Salsa or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	6 Beef Nachos (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	7 Salisbury Steak with Gravy & a Breadstick or A) Popcorn Chicken with a Roll Mashed Potatoes Mixed Fruit or Seasonal Fresh Fruit BBQ Potato Crisps	8 Crispy Oven Fried Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	9 Grilled Cheese Sandwich or A) Cheese Pizza French Fries Blueberry Yogurt Parfait 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!

MARCH
National Nutrition Month



Each March, we celebrate **National Nutrition Month®**. This annual event focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



"Go Further with Food"

The theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for **National Nutrition Month®** encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

For more information, visit www.eatright.org/nnm