

**Lunch Includes:**

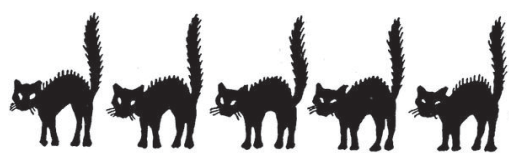
- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk









# October, 2017

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
<b>Pepperoni Pizza</b> <sup>2</sup> or A) Chicken Nuggets with a Roll Carrots Apple Slices or Seasonal Fresh Fruit	<b>Oven Baked Chicken with Corn Muffin</b> <sup>3</sup> or A) Hot Dog on a Bun Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	<b>Salisbury Steak with Gravy &amp; Breadstick</b> <sup>4</sup> or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	<b>Chicken Tenders with a Fresh Baked Pretzel Rod</b> <sup>5</sup> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Pears	<b>Lasagna Roll-Up with Breadstick</b> <sup>6</sup> or A) Cheese Pizza  Green Beans Peaches or Seasonal Fresh Fruit Cookie Treat!
NATIONAL SCHOOL LUNCH WEEK OCTOBER 9TH-13TH				
<b>Cheese Quesadilla</b> <sup>9</sup> or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit 	<b>Beef Nachos</b> <sup>10</sup> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog  Black Bean & Corn Salad or Tossed Garden Salad  100% Fruit Juice	<b>Meatloaf with Gravy &amp; Roll</b> <sup>11</sup> or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <sup>12</sup> or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	<b>Grilled Cheese Sandwich</b> <sup>13</sup> 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!

## Get Happy with Exercise!



### Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases chemicals called **endorphins** (say: en-DOR-finz), which may make you feel happier. It's just another reason why exercise is cool!

### Exercise Makes Your Heart Happy Too!

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing **aerobic** (say: air-OH-bik) exercise.

Aerobic means “with air,” so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

