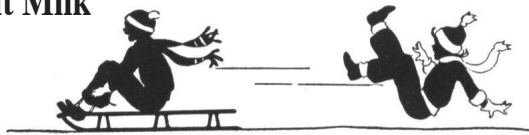


# Lunch Includes:

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



# January, 2019

Monthly Menu  
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Happy New Year!</h2>		<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>2</b> or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	<b>Honey BBQ Riblets with a Breadstick</b> <b>3</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	<b>Mac &amp; Cheese with Pretzel Rod</b> <b>4</b> or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
<b>Salisbury Steak with Gravy &amp; a Roll</b> <b>7</b> or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	<b>Roasted Chicken with Corn Muffin</b> <b>8</b> or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	<b>Personal Pepperoni Pizza</b> <b>9</b> or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	<b>Chicken Tenders</b> <b>10</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	<b>Mozzarella Sticks with Dipping Sauce</b> <b>11</b> or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
<b>Cheese Quesadilla with Salsa</b> <b>14</b> or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	<b>Beef Nachos</b> <b>15</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	<b>Meatball Sub</b> <b>16</b> or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <b>17</b> or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	<b>Grilled Cheese Sandwich</b> <b>18</b> or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
<b>21</b>	<b>Walking Taco</b> <b>22</b> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <b>23</b> or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	<b>Popcorn Chicken with Rice</b> <b>24</b> (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>25</b> or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
<b>Catholic Schools Week January 27th - February 2nd</b>				
<b>Cheeseburger Sliders</b> <b>28</b> or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	<b>Fiestada Pizza</b> <b>29</b> or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	<b>Pasta with Meat Sauce &amp; Garlic Toast</b> <b>30</b> or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	<b>Honey BBQ Riblets with a Breadstick</b> <b>31</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	

\*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 Grains

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make at least half your grains whole grains.

## 1. Search the label

Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

## 2. Look for the word "whole" before the ingredient on the label

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

## 3. Choose whole grains at school

Prepare meals and snacks with whole grains at home so your child will be more likely to choose whole-grain foods at school.

## 4. Find the fiber on the label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

## 5. Is there gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

**Build a Healthy Plate  
with Whole Grains!**

## Health Benefits

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.

Eating whole grains may help with weight management. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system

**Quick Tip! To increase your health benefits from grains, make at least half your grains whole-grains!**

**Grains**



**Chef Louie Presents...**

**Health Bite**

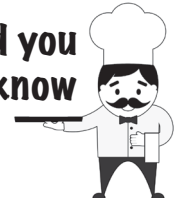


Chef Louie loves spaghetti--but, white pasta is filled with refined carbohydrates, which means you're essentially eating empty calories that convert into sugar. White carbs are stripped of their natural fibers, causing you to feel hungry more quickly and creating a spike in blood sugar.



January 4th is National Spaghetti Day! Try making spaghetti with whole-grain pasta as a healthier alternative.

**Did you know**



**Lunchtime Joke**



Why is the spaghetti so smart?

Answer:  
It uses it's noodle!

