

Lunch Includes:

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

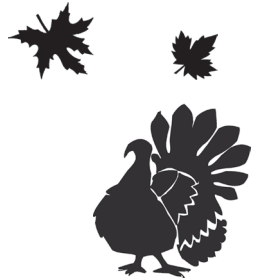







November, 2017

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
		Salisbury Steak with Gravy & Breadstick ¹ or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Chicken Tenders with a Fresh Baked Pretzel Rod ² or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Pears	Lasagna Roll-Up with Breadstick ³ or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit  Cookie Treat!
Cheese Quesadilla ⁶ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit 	Beef Nachos ⁷ (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	Meatloaf with Gravy & Roll ⁸ or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	Crispy Oven Fried Chicken Drumstick with a Roll ⁹ or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	Grilled Cheese Sandwich ¹⁰ 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!



5 Reasons Children Should Play Sports

Why play sports? You might say "to get exercise" and you'd be right. To have fun? That's true, too. But there's more!

1 Children who play sports do better in school

Exercise improves learning, memory, and concentration, which can give active children an advantage in the classroom.



4 Playing sports boosts self-confidence

Children who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals.

2 Children who play sports learn teamwork and goal-setting skills

Sports teaches valuable life skills. When you're working with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful.

5 Exercise cuts the pressure

Playing sports can lessen stress and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you — both on and off the field!



3 Sports are good for your health

In addition to being fit and maintaining a healthy weight, children who play sports are also less likely to develop chronic illness later in life.

