

Lunch Includes:

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



April, 2019

Monthly Menu
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak with Gravy & a Roll or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Roasted Chicken with a Corn Muffin or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	Chicken Tenders or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mandarin Oranges	Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza Slice (with optional Dipping Sauce) Broccoli Fruit Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos (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	Meatball Sub or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun French Fries or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tator Tots Fruit Cup or Seasonal Fresh Fruit	Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Green Beans or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & Breadsticks or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Carrot Sticks with Dip or Tossed Garden Salad Mandarin Oranges Cheetos Treat	Good Friday
Cheeseburger Sliders or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	Fiestada Pizza or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast or A) Popcorn Chicken with Garlic Toast Green Beans Fruit Cup or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod or A) Cheesy Garlic Flatbread (with optional Dipping Sauce) Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Roasted Chicken with a Corn Muffin or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Happy Easter! 		

*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.

Choose MyPlate Tips

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group.

Fruits



Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.

Vegetables



Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

Grains



Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks (like cookies and pastries).

Dairy



Choose low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

Protein



Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.

Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need.

Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

Consume less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

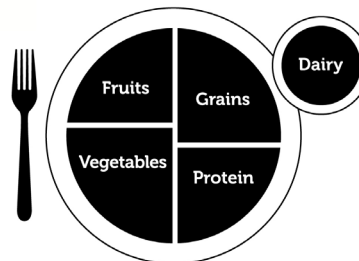
Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Small changes over time can make big differences.

Build a Healthy Eating Style!



Chef Louie Presents...

Health Bite

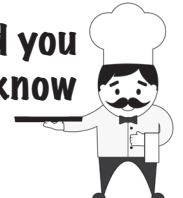


Satisfy your sweet tooth in a healthy way. Indulge in a naturally sweet dessert dish--fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon. This is one of Chef Louie's personal favorites!

There are 2,500 varieties of apples grown in the United States.

There are 7,500 varieties of apples grown throughout the world. That's a lot of apples!

Did you know



Lunchtime Joke



What's worse than finding a worm in your apple?



Answer: Finding half a worm!