

## Lunch Includes:

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







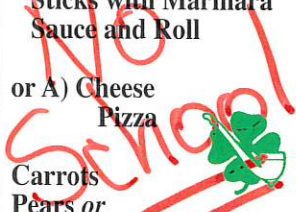




# March, 2017

Monthly Menu  
Price Per Lunch \$2.75



Let's **Do School Lunch!**

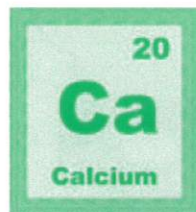
If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY NUTRITION MONTH!</b>				
  		<b>Ash Wednesday 1</b> Three Cheese Calzone or A) Breaded Fish Sandwich with Cheese French Fries <i>or</i> Broccoli  Peach Cup <i>or</i> Seasonal Fresh Fruit	<b>2</b> BBQ Riblets with Rice and Roll or A) Hamburger or Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Mandarin Oranges	<b>3</b> Breaded Mozzarella Sticks with Marinara Sauce and Roll or A) Cheese Pizza Carrots Pears <i>or</i> Seasonal Fresh Fruit 
<b>6</b> French Toast Sticks with Syrup or A) Chicken Nuggets with Roll Tator Tots Apple Slices <i>or</i> Seasonal Fresh Fruit 	<b>7</b> Salisbury Steak with Gravy & Breadstick or A) Hot Dog on a Bun Mashed Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup	<b>8</b> Pepperoni Pizza or A) Chicken Patty on a Bun Sliced Carrots <i>or</i> Baked Beans  Pear Sauce <i>or</i> Seasonal Fresh Fruit 	<b>9</b> Popcorn Chicken with Rice and Roll (Optional Sweet & Sour Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges	<b>10</b> Jumbo Cheese Ravioli with Breadstick or A) Cheese Pizza  Green Beans Peaches <i>or</i> Seasonal Fresh Fruit Cookie Treat!

\*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!

## Chef Louie's Mineral of the Month is



### THE NEEDS IT FEEDS

Calcium is the top macromineral when it comes to your bones. This mineral helps build strong bones, so you can do everything from standing up straight to scoring that winning goal. It also helps build strong, healthy teeth, for chomping on tasty food.



### WHERE DO WE GET IT?

Calcium rich foods include:

- o Dairy products, such as milk, cheese and yogurt
- o Canned salmon and sardines with bones
- o Leafy green vegetables, such as broccoli
- o Calcium-fortified foods like orange juice, cereals and crackers



March, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza</b> <span style="float: right;">13</span> <b>Bagels</b> or A) <b>Chicken Nuggets with Roll</b> Corn Pears <i>or</i> Seasonal Fresh Fruit	<b>Beef Nachos</b> <span style="float: right;">14</span> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) <b>Corn Dog</b> Black Bean & Corn Salad <i>or</i> Tossed Garden Salad Peach Cup	<b>Cheesy Garlic Flatbread</b> <span style="float: right;">15</span> or A) <b>Popcorn Chicken with a Roll</b> Carrots Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit BBQ Potato Crisps	<b>Chicken Tenders with Fresh Baked Pretzel Rod</b> <span style="float: right;">16</span> or A) <b>Hamburger or Cheeseburger on a Bun</b> French Fries <i>or</i> Tossed Garden Salad Applesauce	<b>Happy St. Patrick's Day</b> <span style="float: right;">17</span> <b>Grilled Cheese Sandwich with Yogurt</b> or A) <b>Cheese Pizza</b> Broccoli Fruit Cocktail <i>or</i> Seasonal Fresh Fruit
<b>First Day of Spring</b> <span style="float: right;">20</span> <b>Italian Meat Calzone</b> or A) <b>Chicken Nuggets with Roll</b> Roasted Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit	<b>Pasta with Meat Sauce &amp; Breadstick</b> <span style="float: right;">21</span> or A) <b>Hot Dog on a Bun</b> Green Beans <i>or</i> Tossed Garden Salad Pears Presidential Cookie Treat!	<b>Manwich Sloppy Joes on a Pretzel Bun</b> <span style="float: right;">22</span> or A) <b>Chicken Patty on a Bun</b> Baked Beans Applesauce Cup <i>or</i> Seasonal Fresh Fruit	<b>Fiestada Pizza</b> <span style="float: right;">23</span> or A) <b>Hamburger or Cheeseburger on a Bun</b> Corn <i>or</i> Tossed Garden Salad Raisins	<b>Cheesy Breadsticks</b> <span style="float: right;">24</span> or A) <b>Cheese Pizza</b> Carrots Peaches <i>or</i> Seasonal Fresh Fruit
<b>Mac &amp; Cheese with Fresh Baked Pretzel Rod</b> <span style="float: right;">27</span> or A) <b>Chicken Nuggets with Roll</b> Green Beans Applesauce <i>or</i> Seasonal Fresh Fruit	<b>Build Your Own Chicken Taco!</b> <span style="float: right;">28</span> (Fajita Chicken Meat, Cheese, Salsa) or A) <b>Corn Dog</b> Corn <i>or</i> Tossed Garden Salad Peach Cup	<b>Meatball Sub</b> <span style="float: right;">29</span> or A) <b>Popcorn Chicken with a Roll</b> Potato Wedges Fruit Cocktail <i>or</i> Seasonal Fresh Fruit	<b>BBQ Riblets with Rice and Roll</b> <span style="float: right;">30</span> or A) <b>Hamburger or Cheeseburger on a Bun</b> Baked Beans <i>or</i> Tossed Garden Salad Mandarin Oranges	<b>Breaded Mozzarella Sticks with Marinara Sauce and Roll</b> <span style="float: right;">31</span> or A) <b>Cheese Pizza</b> Carrots Pears <i>or</i> Seasonal Fresh Fruit

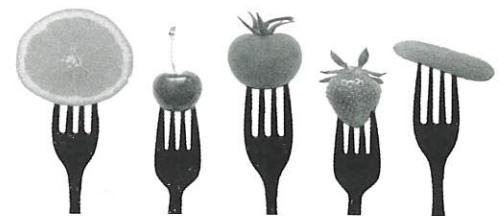
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# MARCH

## National Nutrition Month

Each March, we celebrate **National Nutrition Month®**. This annual event reinforces the importance of developing sound eating and physical activity habits.



**"Put Your Best Fork Forward"**

is the theme for 2017, a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time helps improve health now and into the future.

For more information, visit [www.eatright.org/nnm](http://www.eatright.org/nnm)

**Celebrate National Nutrition Month®**

USDA and this institution are equal opportunity providers and employers.