Lunch Includes:

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

Diocese of Cleveland
Nutrition Services
Nourishing Tomorrow, Today

April, 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
3 French Toast Sticks with Syrup or A) Chicken Nuggets with Roll Tator Tots Apple Slices *or* Seasonal Fresh Fruit	4 Salisbury Steak with Gravy & Breadstick or A) Hot Dog on a Bun Mashed Potatoes *or* Tossed Garden Salad Frozen Juice Cup	5 Pepperoni Pizza or A) Chicken Patty on a Bun Sliced Carrots *or* Baked Beans Pear Sauce *or* Seasonal Fresh Fruit	6 Popcorn Chicken with Rice and Roll (Optional Sweet & Sour Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli *or* Tossed Garden Salad Mandarin Oranges	7 Jumbo Cheese Ravioli with Breadstick or A) Cheese Pizza Green Beans Peaches *or* Seasonal Fresh Fruit Cookie Treat!
10 Pizza Bagels or A) Chicken Nuggets with Roll Corn Pears *or* Seasonal Fresh Fruit	11 Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog Black Bean & Corn Salad *or* Tossed Garden Salad Peach Cup	12 Cheesy Garlic Flatbread or A) Popcorn Chicken with a Roll Carrots Sunshine Smoothie *or* Seasonal Fresh Fruit BBQ Potato Crisps	13 Chicken Tenders with Fresh Baked Pretzel Rod or A) Hamburger or Cheeseburger on a Bun French Fries *or* Tossed Garden Salad Applesauce	14 GOOD FRIDAY

**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 two more weeks of menu selections!

Chef Louie's Mineral of the Month is

THE NEEDS IT FEEDS

The body needs iron to transport oxygen from your lungs to the rest of your body. Your entire body needs oxygen to stay healthy and alive. Iron helps because it's important in the formation of hemoglobin (say: HEE muh-glo-bun), which is the part of your red blood cells that carries oxygen throughout the body.

WHERE DO WE GET IT?

- Meat, especially red meat, such as beef
- Tuna and salmon
- Eggs
- Beans
- Baked potato with skins
- Dried fruits, like raisins
- Leafy green vegetables, such as broccoli
- Whole and enriched grains, like wheat or oats

APRIL, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
17 Italian Meat Calzone or A) Chicken Nuggets with Roll Roasted Potatoes Strawberry Cup *or* Seasonal Fresh Fruit	18 Pasta with Meat Sauce & Breadstick or A) Hot Dog on a Bun Green Beans *or* Tossed Garden Salad Pears Presidential Cookie Treat!	19 Manwich Sloppy Joes on a Pretzel Bun or A) Chicken Patty on a Bun Baked Beans Applesauce Cup *or* Seasonal Fresh Fruit	20 Fiestada Pizza or A) Hamburger or Cheeseburger on a Bun Corn *or* Tossed Garden Salad Raisins	21 Cheesy Breadsticks or A) Cheese Pizza Carrots 100% Fruit Juice *or* Seasonal Fresh Fruit
24 Mac & Cheese with Fresh Baked Pretzel Rod or A) Chicken Nuggets with Roll Green Beans Applesauce *or* Seasonal Fresh Fruit	25 Roasted Chicken with Gravy and Corn Muffin or A) Corn Dog Mashed Potatoes *or* Tossed Garden Salad Peach Cup	26 Meatball Sub or A) Popcorn Chicken with a Roll Potato Wedges Fruit Cocktail *or* Seasonal Fresh Fruit	27 BBQ Riblets with Rice and Roll or A) Hamburger or Cheeseburger on a Bun Baked Beans *or* Tossed Garden Salad Mandarin Oranges	28 Breaded Mozzarella Sticks with Marinara Sauce and Roll or A) Cheese Pizza Carrots Pears *or* Seasonal Fresh Fruit

Happy Easter

**Please note that at least one vegetable or fruit side must be chosen with each lunch.*

SUBSTITUTION OF ITEMS MAY BE NECESSARY

make better beverage choices

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

4 don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different.

5 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

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