

Lunch Includes:

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



November, 2018

Monthly Menu
Price Per Lunch \$2.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
			Popcorn Chicken with Rice (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
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 Apple Slices 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 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	Popcorn Chicken with a Roll 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 Apple Slices	Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza Slice Broccoli Strawberry 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	Happy Thanksgiving! 	
French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tator Tots Peach 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 Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick 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 Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit

*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 Veggies

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1. Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

2. Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies.

3. Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

4. Savor the flavor of seasonal veggies

Buy vegetables that are in season for maximum flavor at a lower cost.

5. Vary your veggies

Choose a new vegetable that you've never tried before.

Build a Healthy Plate
with Vegetables!

Vegetable Tips

Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes.

Buy packages of veggies such as baby carrots or celery sticks for quick snacks.

Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.

Vary your veggie choices to keep meals interesting.

Try crunchy vegetables, raw or lightly steamed.

Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.

Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.

Quick Tip! Use herbs or no-salt spice mixes instead of salt, butter, or stick margarine to season vegetable dishes.

Vegetables



Chef Louie Presents...

Health Bite



Sweet potatoes are a rich source of fiber as well as many vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potatoes is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed.

Did you know



According to the Guinness Book of World Records, the world's heaviest sweet potato weighed a whopping 81 pounds and 9 ounces!



Lunchtime Joke



Why shouldn't you tell a secret on a farm?

ANSWER: Because the corn has ears.

