

## Lunch Includes:

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



# August / September, 2018

Monthly Menu  
Price Per Lunch \$2.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><del>Salisbury Steak <b>Aug 20</b> with Gravy &amp; a Roll</del>  <del>or A) Chicken Nuggets with a Roll</del>  <del>Mashed Potatoes</del>  <del>Applesauce Cup or Seasonal Fresh Fruit</del>  <del>Cookie Treat</del></p>	<p><del>Oven Baked <b>Aug 21</b> Chicken with Corn Muffin</del>  <del>or A) Corn Dog</del>  <del>Carrots or Tossed Garden Salad</del>  <del>Frozen Juice Cup</del></p>	<p><del>Personal <b>Aug 22</b> Pepperoni Pizza</del>  <del>or A) Chicken Patty on a Bun</del>  <del>Corn Pears or Seasonal Fresh Fruit</del>  <del>Cookie Treat</del></p>	<p><del>Chicken <b>Aug 23</b> Tenders</del>  <del>or A) Hamburger or Cheeseburger on a Bun</del>  <del>Baked Beans or Tossed Garden Salad</del>  <del>Apple Slices</del></p>	<p><del>Mozzarella <b>Aug 24</b> Sticks with Dipping Sauce</del>  <del>or A) Cheese Pizza Slice</del>  <del>Broccoli</del>  <del>Strawberry Cup or Seasonal Fresh Fruit</del>  <del>Cookie Treat</del></p>
<p><del>Cheese <b>Aug 27</b> Quesadilla with Salsa</del>  <del>or A) Chicken Nuggets with a Roll</del>  <del>Carrots</del>  <del>Peaches or Seasonal Fresh Fruit</del></p>	<p><del>Beef Nachos <b>Aug 28</b> (Taco Meat &amp; Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans)</del>  <del>or A) Hot Dog on a Bun</del>  <del>Corn or Tossed Garden Salad</del>  <del>100% Fruit Juice</del></p>	<p><del>Meatball Sub <b>Aug 29</b></del>  <del>or A) Popcorn Chicken with a Roll</del>  <del>Potato Wedges</del>  <del>Applesauce or Seasonal Fresh Fruit</del>  <del>Cookie Treat</del></p>	<p><del>Crispy Oven <b>Aug 30</b> Fried Chicken Drumstick with a Roll</del>  <del>or A) Hamburger or Cheeseburger on a Bun</del>  <del>Roasted Potatoes or Tossed Garden Salad</del>  <del>Mixed Fruit</del></p>	<p><del>Grilled Cheese <b>Aug 31</b> Sandwich</del>  <del>or A) Cheesy-Garlic Flatbread</del>  <del>Green Beans</del>  <del>Fruit Yogurt Parfait or Seasonal Fresh Fruit</del>  <del>Cheetos Treat</del></p>
<p><b>Sept 3</b>  </p>	<p><b>Sept 4</b>                      Walking Taco (Beef Taco Meat &amp; Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans &amp; Salsa)                      or A) Corn Dog                      Corn or Tossed Garden Salad                      100% Fruit Juice                      Cookie Treat</p>	<p><b>Sept 5</b>                      Salisbury Steak with Gravy &amp; a Breadstick                      or A) Chicken Patty on a Bun                      Mashed Potatoes                      Applesauce or Seasonal Fresh Fruit</p>	<p><b>Sept 6</b>                      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</p>	<p><b>Sept 7</b>                      Cheese Stuffed Breadsticks with Marinara Dipping Sauce                      or A) Cheese Pizza Slice                      Carrot Sticks with Dip                      Pears or Seasonal Fresh Fruit</p>

\*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!



## MyPlate

What is MyPlate?

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

In the coming months Chef Louie will provide information on each of the five food groups to help us all build a healthy plate and create healthy habits.

**Build a Healthy Eating Style!**

