

Lunch Includes:

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



October, 2015

Monthly Menu
Price Per Lunch \$2.75



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

Let's **Do School Lunch!**

Monday	Tuesday	Wednesday	Thursday	Friday
		Turkey & Cheese Hoagle ¹ or A) Hamburger or Cheeseburger on a Bun French Fries Tossed Garden Salad 100% Fruit Juice	Cheese Filled Breadsticks with Marinara Sauce ² or A) Cheese Pizza Broccoli Tossed Garden Salad Peaches or Seasonal Fresh Fruit Cookie Treat with Every Lunch!	
BBQ Riblets on a Bun ⁵ or A) Chicken Nuggets with Dinner Roll Mixed Veggies Tossed Garden Salad Pears or Seasonal Fresh Fruit	Cheesy Garlic Flatbread ⁶ or A) Corn Dog Green Beans Tossed Garden Salad Applesauce Cookie Treat with Every Lunch!	Meatball Sub ⁷ or A) Popcorn Chicken with a Roll French Fries Tossed Garden Salad Frozen Fruit Cup or Seasonal Fresh Fruit	Make your own Chicken Tacos! ⁸ (Seasoned Chicken, Cheese, Salsa, Tortilla Wraps) or A) Hamburger or Cheeseburger on a Bun Black Beans or Corn Tossed Garden Salad Pineapple	Lasagna Roll-Up with a Breadstick ⁹ or A) Cheese Pizza Sliced Carrots Tossed Garden Salad Peaches or Seasonal Fresh Fruit

*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
bite of the month is

Kiwifruit



Produce Tips

- Select firm, unblemished fruit. The size of the fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it's not ready to eat.
- Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

Health & Learning Success Go Hand-in-Hand

Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With *Chef's Corner*, you can set a positive example and put your child on the road to health and learning success.

Healthy Serving Ideas

- Serve whole kiwis as an afternoon snack. They can be eaten like apples—with the skin.
- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
- Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat.
- Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for dessert.

Let's Get Physical!

- Kick up your heels and dance with your child to your favorite tunes.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog, or bike on a family treasure hunt in a nearby park.

October, 2015

Monday	Tuesday	Wednesday	Thursday	Friday
NATIONAL SCHOOL LUNCH WEEK OCTOBER 12TH-16TH				
12 Mini Pepperoni Calzones with Dipping Sauce or A) Chicken Nuggets with Dinner Roll Broccoli Tossed Garden Salad Mixed Fruit or Seasonal Fresh Fruit	13 Salisbury Steak with Gravy and Breadsticks or A) Hot Dog on a Bun Mashed Potatoes Tossed Garden Salad Diced Peach Cup	14 Fiestada Pizza or A) Chicken Patty on a Bun Sweet Corn Tossed Garden Salad 100% Fruit Juice or Seasonal Fresh Fruit	15 Popcorn Chicken with Cinnamon Stuffed Pretzel or A) Hamburger or Cheeseburger on a Bun Baked Beans Tossed Garden Salad Mandarin Oranges	16 Mac & Cheese with Pretzel Rod or A) Cheese Pizza Carrots Tossed Garden Salad Apple Slices or Seasonal Fresh Fruit
19 Open-Faced Meatloaf Sandwich with Gravy or A) Chicken Nuggets with Dinner Roll Mashed Potatoes Tossed Garden Salad Frozen Juice Cup or Seasonal Fresh Fruit Cookie Treat with Every Lunch!	20 Pulled Pork on a Pretzel Bun or A) Corn Dog Green Beans Tossed Garden Salad Applesauce Goldfish Crackers with Every Lunch!	21 Make your own Beef Tacos! (Taco Meat, Cheese, Salsa, Tortilla Wraps) or A) Popcorn Chicken with a Roll Black Beans or Corn Tossed Garden Salad Pineapple or Seasonal Fresh Fruit	22 Chicken Fingers with Breadstick or A) Hamburger or Cheeseburger on a Bun Sliced Carrots Tossed Garden Salad Pears	23 Cheese Quesadilla or A) Cheese Pizza Green Peas Tossed Garden Salad Peaches or Seasonal Fresh Fruit
26 Beef Nachos (Taco Meat, Cheese Sauce over Tostitos Chips with optional Salsa) or A) Chicken Nuggets with Dinner Roll Black Beans or Corn Tossed Garden Salad Peaches or Seasonal Fresh Fruit	27 Pasta with Meat Sauce or A) Hot Dog on a Bun Mixed Veggies Tossed Garden Salad 100% Fruit Juice	28 Pepperoni Pizza or A) Chicken Patty on a Bun Green Beans Tossed Garden Salad Mixed Fruit or Seasonal Fresh Fruit	29 Teriyaki Chicken over Rice with a Roll or A) Hamburger or Cheeseburger on a Bun Broccoli Tossed Garden Salad Mandarin Oranges	30 French Toast Fingers with Spooky Syrup or A) Haunted Cheese Pizza Tombstone Tator Tots Tossed Goblin Salad Apple Moon Slices or Seasonal Fresh Fruit

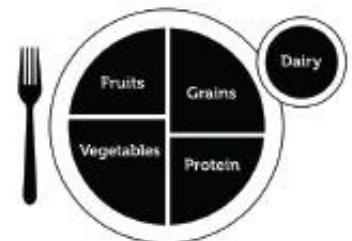
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SUBSTITUTION OF ITEMS MAY BE NECESSARY



focus on fruits

10 tips to help you eat more fruits



1 don't forget the fiber
 Make the most of your choices! Try whole or cut-up fruit, rather than juice, for the benefits dietary fiber provides.



2 snack on fruits
 Dried fruits make great snacks. They are easy to carry and store well.



3 keep fruits safe
 Rinse fruits before preparing or eating them. Under clean running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

4 include fruit at breakfast
 At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



5 try fruit at lunch
 For lunch, try a banana or grapes to eat on the run, or choose fruits from the lunch line. Individual containers of fruits like peaches or applesauce are easy and convenient.

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