

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
Aug 20	Aug 21	Aug 22	Aug 23	Aug 24
Aug 27	Aug 28	Aug 29	Aug 30	Aug 31
Sept 3 	Sept 4 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	Sept 5 Salisbury Steak with Gravy & a Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Sept 6 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	Sept 7 Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Slice Carrot Sticks with Dip Pears 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!



MyPlate

What is MyPlate?

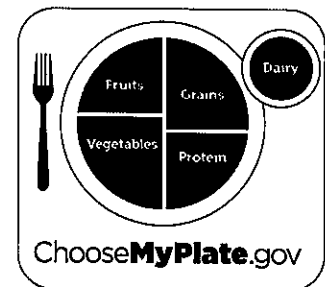
MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- 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!



August / September, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Sliders Sept 10 or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	Fiestada Pizza Sept 11 or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast Sept 12 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick Sept 13 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod Sept 14 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll Sept 17 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Oven Baked Chicken with Corn Muffin Sept 18 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza Sept 19 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	Chicken Tenders Sept 20 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce Sept 21 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa Sept 24 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos Sept 25 (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 Sept 26 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll Sept 27 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich Sept 28 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat

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Chef Louie Presents...

Health Bite



Why breakfast? Breakfast fuels the body with nutrients, provides calories (energy) for the morning's activities, also it helps you focus, learn and maintain a healthy weight. Not to mention it helps you feel good and tastes great!

Did you know



unless food is mixed with saliva you can't taste it. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds.

Lunchtime Joke



Why did the orange stop half-way across the road?
 Answer: He ran out of juice

