

**Lunch Includes:**

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



*April, 2018*  
**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
<b>Happy Easter</b>				
<b>Turkey &amp; Cheese Sub</b> <b>9</b> or A) <b>Chicken Nuggets with a Roll</b> Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit	<b>Pasta with Meat Sauce &amp; a Roll</b> <b>10</b> or A) <b>Hot Dog on a Bun</b> Green Beans or Tossed Garden Salad Pears BBQ Potato Crisps	<b>Fiestada Pizza</b> <b>11</b> or A) <b>Chicken Patty on a Bun</b> Corn or Tossed Garden Salad Raisins	<b>Honey BBQ Riblets with a Breadstick</b> <b>12</b> or A) <b>Hamburger or Cheeseburger on a Bun</b> Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <b>13</b> or A) <b>Cheese Pizza</b> Broccoli Strawberry Cup 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!



**Stay Safe: Baseball**



Baseball is a great way to stay fit and be active! Yet as you get older, baseball becomes a little more challenging—pitchers can throw the ball a lot faster and hitters smack the ball with more power. That means injuries can be more serious if you get hit by a pitch or a batted ball. Older children can run faster, too, so you've got to be extra alert when you're playing. No more looking at butterflies in the outfield! So to stay safe when playing baseball make sure to:

- Have the right gear
- Make sure to bring the gear with you
- Wear your helmet
- Warm up
- Stay alert—watch out for practice swings



- Develop your batter's stance
- Never throw bats or helmets
- Keep your head up when running bases
- Know your position and call that ball
- Watch out for foul balls

