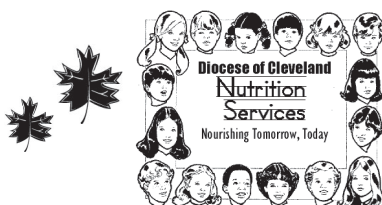


## Lunch Includes:

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



# August / September, 2017

Monthly Menu  
Price Per Lunch \$2.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aug 21</b> <b>Cheese Quesadilla</b> or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	<b>Aug 22</b> <b>Beef Nachos</b> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	<b>Aug 23</b> <b>Meatloaf with Gravy &amp; Roll</b> or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	<b>Aug 24</b> <b>Crispy Oven Fried Chicken Drumstick with a Roll</b> or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	<b>Aug 25</b> <b>Grilled Cheese Sandwich</b> or A) Cheese Pizza French Fries Blueberry Yogurt Parfait or Seasonal Fresh Fruit
<b>Aug 28</b> <b>Turkey &amp; Cheese Sub</b> or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches or Seasonal Fresh Fruit	<b>Aug 29</b> <b>Pasta with Meat Sauce &amp; Garlic Toast</b> or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	<b>Aug 30</b> <b>Manwich Sloppy Joe on a Pretzel Bun</b> or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	<b>Aug 31</b> <b>Fiestada Pizza</b> or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad Raisins	<b>Sept 1</b> <b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> or A) Cheese Pizza Broccoli Strawberry Cup or Seasonal Fresh Fruit
<b>Sept 4</b> <b>Labor Day</b>	<b>Sept 5</b> <b>Walking Taco</b> (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	<b>Sept 6</b> <b>Meatball Sub</b> or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	<b>Sept 7</b> <b>Popcorn Chicken with Rice &amp; Breadstick</b> (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mandarin Oranges	<b>Sept 8</b> <b>Mac &amp; Cheese with Pretzel Rod</b> or A) Cheese Pizza Green Beans 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!

## The Benefits of Exercise



When most adults think about exercise, they imagine working out in the gym, running on a treadmill, or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better. They're also better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

Everyone can benefit from regular exercise. Kids who are active will:

- ✓ Have stronger muscles and bones
- ✓ Have a leaner body
- ✓ Be less likely to become overweight
- ✓ Decrease the risk of developing type 2 diabetes
- ✓ Lower blood pressure and blood cholesterol levels
- ✓ Have a better outlook on life