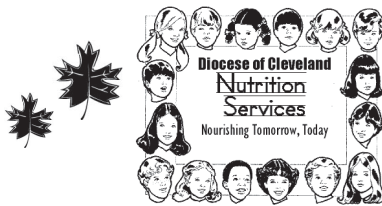


Lunch Includes:

- *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 |
|--|--|--|---|---|
| Salisbury Steak with Gravy & a Roll Aug 20 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat | Oven Baked Chicken with Corn Muffin Aug 21 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup | Personal Pepperoni Pizza Aug 22 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit | Chicken Tenders Aug 23 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices | Mozzarella Sticks with Dipping Sauce Aug 24 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat |
| Cheese Quesadilla with Salsa Aug 27 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit | Beef Nachos Aug 28 (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 Aug 29 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat | Crispy Oven Fried Chicken Drumstick with a Roll Aug 30 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit | Grilled Cheese Sandwich Aug 31 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat |
| Labor Day Sept 3 | Walking Taco Sept 4 (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 | Salisbury Steak with Gravy & a Breadstick Sept 5 or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit | Popcorn Chicken with Rice Sept 6 (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat | Cheese Stuffed Breadsticks with Marinara Dipping Sauce Sept 7 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!

