

## Lunch Includes:

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









April, 2017  
 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
French Toast Sticks with Syrup  Tator Tots Apple Slices or Seasonal Fresh Fruit	Salisbury Steak with Gravy & Breadstick Mashed Potatoes or Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza Sliced Carrots or Baked Beans Pear Sauce or Seasonal Fresh Fruit 	Popcorn Chicken with Rice and Roll (Optional Sweet & Sour Sauce) Broccoli or Tossed Garden Salad Mandarin Oranges	Jumbo Cheese Ravioli with Breadstick Green Beans Peaches or Seasonal Fresh Fruit  Cookie Treat!
Chicken Nuggets with Roll  Corn Pears or Seasonal Fresh Fruit	Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) Black Bean & Corn Salad or Tossed Garden Salad Peach Cup	Cheesy Garlic Flatbread Carrots Sunshine Smoothie or Seasonal Fresh Fruit  BBQ Potato Crisps	Chicken Tenders with Fresh Baked Pretzel Rod French Fries or Tossed Garden Salad Applesauce	<b>GOOD FRIDAY</b> 

\*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 two more weeks of menu selections!

## Chef Louie's Mineral of the Month is

### THE NEEDS IT FEEDS

The body needs iron to transport oxygen from your lungs to the rest of your body. Your entire body needs oxygen to stay healthy and alive. Iron helps because it's important in the formation of

hemoglobin (say: HEE muh-glo-bun), which is the part of your red blood cells that carries oxygen throughout the body.



### WHERE DO WE GET IT?

- o Meat, especially red meat, such as beef
- o Tuna and salmon
- o Eggs
- o Beans
- o Baked potato with skins
- o Dried fruits, like raisins
- o Leafy green vegetables, such as broccoli
- o Whole and enriched grains, like wheat or oats



Monday	Tuesday	Wednesday	Thursday	Friday
Italian Meat Calzone <b>17</b>  Roasted Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit	Pasta with Meat Sauce & Breadstick <b>18</b>  Green Beans <i>or</i> Tossed Garden Salad Pears Presidential Cookie Treat!	Chicken Patty on a Bun <b>19</b>  Baked Beans Applesauce Cup <i>or</i> Seasonal Fresh Fruit	Hamburger or Cheeseburger on a Bun <b>20</b>  Corn <i>or</i> Tossed Garden Salad Raisins	Cheesy Breadsticks <b>21</b>  Carrots 100% Fruit Juice <i>or</i> Seasonal Fresh Fruit
Mac & Cheese with Fresh Baked Pretzel Rod <b>24</b>  Green Beans Applesauce <i>or</i> Seasonal Fresh Fruit 	Roasted Chicken with Gravy and Corn Muffin <b>25</b>  Mashed Potatoes <i>or</i> Tossed Garden Salad Peach Cup	Meatball Sub <b>26</b>  Potato Wedges Fruit Cocktail <i>or</i> Seasonal Fresh Fruit	BBQ Riblets with Rice and Roll <b>27</b>  Baked Beans <i>or</i> Tossed Garden Salad Mandarin Oranges	Breaded Mozzarella Sticks with Marinara Sauce and Roll <b>28</b>  Carrots Pears <i>or</i> Seasonal Fresh Fruit 

## Happy Easter



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SUBSTITUTION OF ITEMS MAY BE NECESSARY



## make better beverage choices



**What you drink is as important as what you eat.** Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

### 1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

### 2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

### 3 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients

list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

### 4 don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different.

### 5 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.