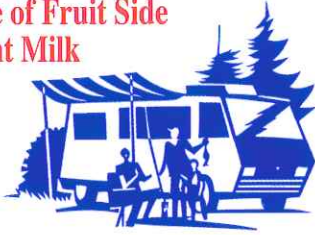


Lunch Includes:

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



May, 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 |
|--|---|---|---|---|
| School Nutrition Employee Week! May 1st-5th | | | | |
| 1 French Toast Sticks with Syrup Tator Tots Apple Slices or Seasonal Fresh Fruit | 2 Hot Dog on a Bun Mashed Potatoes or Tossed Garden Salad Frozen Juice Cup | 3 Pepperoni Pizza Carrots or Baked Beans Applesauce or Seasonal Fresh Fruit | 4 Popcorn Chicken with Rice and Roll (Optional Sweet & Sour Sauce) Broccoli or Tossed Garden Salad Mandarin Oranges | 5 Jumbo Cheese Ravioli with Breadstick Green Beans Peaches or Seasonal Fresh Fruit Cookie Treat! |
| 8 Chicken Nuggets with Roll Corn Pears or Seasonal Fresh Fruit | 9 Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) Black Bean & Corn Salad or Tossed Garden Salad Peach Cup | 10 Cheesy Garlic Flatbread Carrots Sunshine Smoothie or Seasonal Fresh Fruit BBQ Potato Crisps | 11 Chicken Tenders with Fresh Baked Pretzel Rod French Fries or Tossed Garden Salad Applesauce | 12 Grilled Cheese Sandwich with Yogurt Broccoli Fruit Cocktail 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!

Chef Louie's Mineral of the Month is

THE NEEDS IT FEEDS

You may not know what it is, but you sure do eat a lot of foods that contain this essential mineral.

Potassium is essential for your body's growth. It helps maintain the normal function of the heart, kidneys, muscles, nervous system and fluid balance. A diet high in potassium can reduce the risk of high blood pressure, which is one of the risk factors for strokes, heart attacks and chronic kidney disease.

Potassium










WHERE DO WE GET IT?

Potassium rich foods include:

- o Bananas
- o Tomatoes
- o Potatoes & Sweet Potatoes (with skin)
- o Green Vegetables, such as Spinach and Broccoli
- o Citrus Fruits, like Oranges
- o Low Fat Milk and Yogurt
- o Legumes, such as Beans, Split Peas, and Lentils



MAY, 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Italian Meat Calzone ¹⁵ Roasted Potatoes Strawberry Cup or Seasonal Fresh Fruit | Pasta with Meat Sauce & Breadstick ¹⁶ Green Beans or Tossed Garden Salad Pears <i>Presidential Cookie Treat!</i> | Chicken Patty on a Bun ¹⁷ Baked Beans Applesauce Cup or Seasonal Fresh Fruit | Hamburger or Cheeseburger on a Bun ¹⁸  Corn or Tossed Garden Salad Raisins | Cheesy Breadsticks ¹⁹ Carrots 100% Fruit Juice or Seasonal Fresh Fruit |
| Mac & Cheese with Fresh Baked Pretzel Rod ²² Green Beans Applesauce or Seasonal Fresh Fruit  | Roasted Chicken with Gravy and Corn Muffin ²³ Mashed Potatoes or Tossed Garden Salad Peach Cup | Meatball Sub ²⁴  Potato Wedges Fruit Cocktail or Seasonal Fresh Fruit | BBQ Riblets with Rice and Roll ²⁵ Baked Beans or Tossed Garden Salad Mandarin Oranges | Breaded Mozzarella Sticks with Marinara Sauce and Roll ²⁶ Carrots Pears or Seasonal Fresh Fruit  |
|  ²⁹  | Hot Dog on a Bun ³⁰ Mashed Potatoes or Tossed Garden Salad Frozen Juice Cup | Pepperoni Pizza ³¹ Carrots or Baked Beans Applesauce or Seasonal Fresh Fruit  | Popcorn ^{June 1} Chicken with Rice and Roll <small>(Optional Sweet & Sour Sauce)</small> Broccoli or Tossed Garden Salad Mandarin Oranges | Jumbo Cheese Ravioli with Breadstick ^{June 2} Green Beans Peaches or Seasonal Fresh Fruit <i>Cookie Treat!</i> |

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY



Chef Louie Says... Make Healthier Choices!

1 Find out what you need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov

2 Strengthen your bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones.

3 Make half your plate fruits and vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.

4 Eat whole grains more often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.

5 Be active whenever you can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance.