

Lunch Includes:

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








October, 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
Pepperoni Pizza ² or A) Chicken Nuggets with a Roll Carrots Apple Slices or Seasonal Fresh Fruit	Oven Baked Chicken with Corn Muffin ³ or A) Hot Dog on a Bun Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	Salisbury Steak with Gravy & Breadstick ⁴ or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Chicken Tenders with a Fresh Baked Pretzel Rod ⁵ or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Pears	Lasagna Roll-Up with Breadstick ⁶ or A) Cheese Pizza  Green Beans Peaches or Seasonal Fresh Fruit Cookie Treat!
NATIONAL SCHOOL LUNCH WEEK OCTOBER 9TH-13TH				
Cheese Quesadilla ⁹ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit 	Beef Nachos ¹⁰ (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	Meatloaf with Gravy & Roll ¹¹ or A) Popcorn Chicken with a Roll Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps	Crispy Oven Fried Chicken Drumstick with a Roll ¹² or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	Grilled Cheese Sandwich ¹³ or A) Cheese Pizza  French Fries Blueberry Yogurt Parfait 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!

Get Happy with Exercise!



Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases chemicals called **endorphins** (say: en-DOR-finz), which may make you feel happier. It's just another reason why exercise is cool!

Exercise Makes Your Heart Happy Too!

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing **aerobic** (say: air-OH-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!



October, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sub ¹⁶ or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches or Seasonal Fresh Fruit	Pasta with Meat Sauce & Garlic Toast ¹⁷ or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	Manwich Sloppy Joe on a Pretzel Bun ¹⁸ or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	Fiestada Pizza ¹⁹ or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad Raisins	Cheese Stuffed Breadsticks with Marinara Dipping Sauce ²⁰ or A) Cheese Pizza Broccoli Strawberry Cup or Seasonal Fresh Fruit
Cheese Calzone ²³ or A) Chicken Nuggets with a Roll Carrots Applesauce or Seasonal Fresh Fruit	Walking Taco ²⁴ (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	Meatball Sub ²⁵ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	Popcorn Chicken with Rice & Breadstick ²⁶ (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mandarin Oranges	Mac & Cheese with Pretzel Rod ²⁷ or A) Cheese Pizza Green Beans Pears or Seasonal Fresh Fruit
Pepperoni Pizza ³⁰ or A) Chicken Nuggets with a Roll Carrots Apple Slices or Seasonal Fresh Fruit	Oven Baked Chicken with Corn Muffin ³¹ or A) Hot Dog on a Bun Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup			

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SUBSTITUTION OF ITEMS MAY BE NECESSARY



Chef Louie Says... Exercise is Cool!

Exercise Strengthens Muscles

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- Push-ups
- Pull-ups
- Tug of war
- Rowing
- Running
- Inline skating
- Bike riding



Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- Tumbling and Gymnastics
- Yoga
- Dancing, especially Ballet
- Martial Arts
- Simple Stretches, such as touching your toes or side stretches



Information adapted from KidsHealth.org

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