

**Lunch Includes:**

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










February,  2018  
**Monthly Menu**  
 Price Per Lunch \$2.75



**Let's Do School Lunch!**

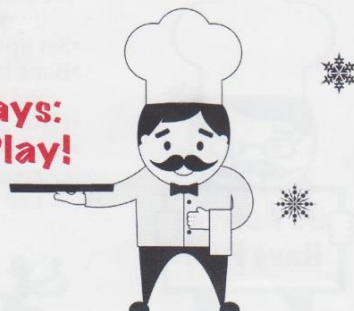
If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CATHOLIC SCHOOLS WEEK JAN 28th-FEB 3rd</b>				
				
Cheese Quesadilla with Salsa <b>5</b> or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit 	Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) <b>6</b> or A) Hot Dog on a Bun Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	Salisbury Steak with a Breadstick <b>7</b> or A) Popcorn Chicken with a Roll Mashed Potatoes Mixed Fruit or Seasonal Fresh Fruit  BBQ Potato Crisps	Chicken Tenders <b>1</b> or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mixed Fruit	Breaded Mozzarella Sticks with Dipping Sauce <b>2</b> or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit BBQ Potato Crisps
Crispy Oven Fried Chicken Drumstick with a Roll <b>8</b> or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	Grilled Cheese Sandwich <b>9</b> 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!

**Chef Louie Says:  
 It's Time to Play!**



Maybe you're looking outside right now and snow is falling on the ground. No matter what the weather is like there's always a way to be physically active and have fun.

**When It's Cold Outside**

Brrr! It's a cold day and you're all bundled up, looking for some fun. Warm up fast and get those muscles moving by shoveling the snow off the driveway or the sidewalk. You might even offer to

shovel the driveways or sidewalks for people in your neighborhood. Make some giant snow people or other snow creatures. Build an igloo or a fort, and store all your snowballs there.

**More things to do when it's cold:**

- Play tag in the snow
- Take a nature hike and look for animal footprints
- Sledding
- Make snow angels
- Ice-skating
- Skiing
- Snowboarding
- Tobogganing



Information adapted from KidsHealth.org



# February, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turkey &amp; Cheese Sub</b> <sup>12</sup> or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit	<b>Pasta with Meat Sauce &amp; a Roll</b> <sup>13</sup> or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears BBQ Potato Crisps	<b>Ash Wednesday</b> <sup>14</sup> Cheese Quesadilla with Salsa or A) Mac & Cheese with Pretzel Rod Corn or Tossed Garden Salad Raisins	<b>Honey BBQ Riblets with a Breadstick</b> <sup>15</sup> or A) Hamburger or Cheeseburger on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <sup>16</sup> or A) Cheese Pizza Broccoli Strawberry Cup or Seasonal Fresh Fruit
<b>Presidents' Day</b> <sup>19</sup> 	<b>Popcorn Chicken with Rice</b> <sup>20</sup> (optional Mandarin Orange Sauce) or A) Corn Dog Broccoli or Tossed Garden Salad Mandarin Oranges	<b>Meatball Sub</b> <sup>21</sup> or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	<b>Walking Taco</b> <sup>22</sup> (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	<b>Mac &amp; Cheese with a Pretzel Rod</b> <sup>23</sup> or A) Cheese Pizza Green Beans Pears or Seasonal Fresh Fruit
<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <sup>26</sup> or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	<b>Oven Baked Chicken with a Corn Muffin</b> <sup>27</sup> or A) Corn Dog Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	<b>Pepperoni Pizza</b> <sup>28</sup> or A) Chicken Patty on a Bun Carrots Apple Slices 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

## When You're Stuck Indoors

Maybe you can't go out because the weather is rainy or too cold. But that doesn't mean you can't get some exercise while you're inside.

Turn on your favorite music and dance. Invite your dog or cat to join in the fun. Or grab a hula hoop and make up some hula-hoop dances. If there is enough room, you can jump rope and count how many times you jump without missing.

There are basketball hoops with over-the-door hooks and basketballs made from soft foam that are meant to be played with indoors. If you have them and there is enough room, set them up and shoot some hoops. Have a tournament with everyone in the house—may the best basketball player win!



## More things to do when you're stuck indoors:

- Do some tumbling if you have enough room to do it
- Set up a scavenger hunt
- Bat a balloon back and forth and try not to let it hit the floor
- Have a dance party
- Do some hallway bowling--fill up some plastic bottles with water and use any ball that you have



And here's one thing not to do: Try not to say, "I'm bored. There's nothing to do." As you just found out, there's always something to do!

This institution is an equal opportunity provider.