

Lunch Includes:

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



March, 2018

Monthly Menu
Price Per Lunch \$2.75

Let's Do School Lunch!

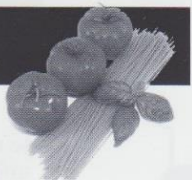
If writing a check, please make payable to: DOC Nutrition Services

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

MARCH
National Nutrition Month



Each March, we celebrate **National Nutrition Month®**. This annual event focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.










"Go Further with Food"

The theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for **National Nutrition Month®** encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

For more information, visit www.eatright.org/nmm

Information adapted from Eatright.org

March, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sub ¹² or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Peaches <i>or</i> Seasonal Fresh Fruit 	Pasta with Meat Sauce & a Roll ¹³ or A) Hot Dog on a Bun Green Beans <i>or</i> Tossed Garden Salad Pears BBQ Potato Crisps	Fiestada Pizza ¹⁴ or A) Chicken Patty on a Bun Corn <i>or</i> Tossed Garden Salad Raisins	Honey BBQ Riblets with a Breadstick ¹⁵ or A) Hamburger or Cheeseburger on a Bun Baked Beans Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit	Cheese Stuffed Breadsticks with Marinara Dipping Sauce ¹⁶  or A) Cheese Pizza Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit
Cheese Calzone ¹⁹ or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce Cup <i>or</i> Seasonal Fresh Fruit	Popcorn Chicken with Rice ²⁰ (optional Mandarin Orange Sauce) or A) Corn Dog  Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges	Meatball Sub ²¹ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup <i>or</i> Seasonal Fresh Fruit 	Walking Taco ²² (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 <i>or</i> Tossed Garden Salad 100% Fruit Juice	Mac & Cheese with a Pretzel Rod ²³ or A) Cheese Pizza Green Beans Pears <i>or</i> Seasonal Fresh Fruit 
Salisbury Steak with Gravy & a Breadstick ²⁶ or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit	Oven Baked Chicken with a Corn Muffin ²⁷ or A) Corn Dog Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza ²⁸ or A) Chicken Patty on a Bun Carrots Apple Slices <i>or</i> Seasonal Fresh Fruit 	Chicken Tenders ²⁹ or A) Hamburger or Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Mixed Fruit	GOOD FRIDAY ³⁰ 

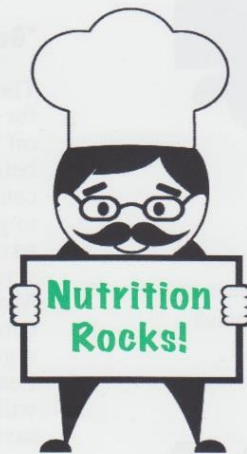
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SUBSTITUTION OF ITEMS MAY BE NECESSARY

Celebrate National Nutrition Month [®]

Key Ingredients to Help You Go Further with Food

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.



- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.

Information adapted from Eatright.org

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