

Lunch Includes:

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



December, 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 |
|---|---|--|---|--|
| | | | | |
| <p>Cheese Quesadilla 4</p> <p>or A) Chicken Nuggets with a Roll</p> <p>Carrots Applesauce Cup or Seasonal Fresh Fruit</p> | <p>Beef Nachos 5 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa)</p> <p>or A) Corn Dog</p> <p>Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice</p> | <p>St. Nicholas Day 6</p> <p>Meatloaf with Gravy & Roll</p> <p>or A) Popcorn Chicken with a Roll</p> <p>Mashed Potatoes Pears or Seasonal Fresh Fruit BBQ Potato Crisps</p> | <p>Crispy Oven Fried Chicken Drumstick with a Roll 7</p> <p>or A) Hamburger or Cheeseburger on a Bun</p> <p>Potato Wedges or Tossed Garden Salad Mandarin Oranges</p> | <p>Lasagna Roll-Up with Breadstick 1</p> <p>or A) Cheese Pizza</p> <p>Green Beans Peaches or Seasonal Fresh Fruit</p> <p>Cookie Treat!</p> <p>Grilled Cheese Sandwich 8</p> <p>or A) Cheese Pizza</p> <p>French Fries Blueberry Yogurt Parfait or Seasonal Fresh Fruit</p> |

*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!



What If I Don't Like Sports?

Not everyone likes organized sports or team sports. If this sounds like you, don't sweat it. We're going to talk about what keeps some children from liking sports. With a few changes, you might find out that there is a sport out there that you could like. But if not, we'll suggest other fun ways to stay active.



Learning About Sports



Sometimes, children feel that they don't like sports because they might not understand how to play them or they haven't had much practice doing them. There are lots of ways to learn about and experience sports: gym class, school teams, videos, DVDs, books, or if you have an older friend or family member who's good at a sport, you might ask him or her to help you practice.

A Bad Sports Experience



Some children don't like organized sports because they were once on a team and they didn't have fun. Maybe all of the other players seemed to know what they were doing and you felt unsure. Or maybe you didn't like the pressure of competing against other teams. Competition can bring out some intense emotions. But team sports also can be a great experience. Teammates get to improve their skills and feel that team spirit as they work together toward a common goal. If you've had a bad experience with a team, maybe it's time to try a new sport or a new league. Some leagues and programs emphasize skill building over competition — and some leagues don't even keep score!

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|--|---|---|--|---|
| Turkey & Cheese Sub ¹¹ or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches <i>or</i> Seasonal Fresh Fruit  | Pasta with Meat Sauce & Garlic Toast ¹² or A) Hot Dog on a Bun Green Beans <i>or</i> Tossed Garden Salad Pears Fun & Fitness Cookie Treat! | Manwich Sloppy Joe on a Bun ¹³ or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit | Fiestada Pizza ¹⁴ or A) Hamburger <i>or</i> Cheeseburger on a Bun Corn <i>or</i> Tossed Garden Salad Raisins | Cheese Stuffed Breadsticks with Marinara Dipping Sauce ¹⁵ or A) Cheese Pizza Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit |
| Cheese Calzone ¹⁸ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup <i>or</i> Seasonal Fresh Fruit | Walking Taco ¹⁹ (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice | Meatball Sub ²⁰ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup <i>or</i> Seasonal Fresh Fruit | Popcorn Chicken with Rice & Breadstick ²¹ (optional Mandarin Orange Sauce) or A) Hamburger <i>or</i> Cheeseburger on a Bun Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges | Mac & Cheese with Pretzel Rod ²² or A) Cheese Pizza Green Beans Pears <i>or</i> Seasonal Fresh Fruit  |



Merry Christmas!



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SUBSTITUTION OF ITEMS MAY BE NECESSARY



What's The Big Deal About Sports?

If you still think sports aren't for you maybe you just haven't tried the right one yet. If you don't like being on a team that much, you might consider individual sports. An individual sport means doing the sport on your own. You can do these sports competitively or just for the fun of doing them. Individual sports include: swimming, diving, running, ice skating, wrestling, gymnastics, golf, tennis, biking, martial arts and many more!

So What's The Big Deal?

You might wonder why grownups want you to try sports and be active. There's a good reason: Playing sports is a great form of exercise and exercise keeps your body healthy. We've already talked about the many sports to choose from, but there's even more good news—many other nonsport activities can provide exercise and keep you active, including:



- playing at a playground • raking leaves • jumping rope
- dancing around your bedroom • walking your dog
- working in the garden
- washing the car • making a snowman



You also might find that by limiting your use of electronics — TV, computer, and cell phone — you'll just naturally be more active. So, no, you don't **have** to play a sport, but you might still find one you like. The most important thing is to be active every day.

Information adapted from KidsHealth.org

This institution is an equal opportunity provider.