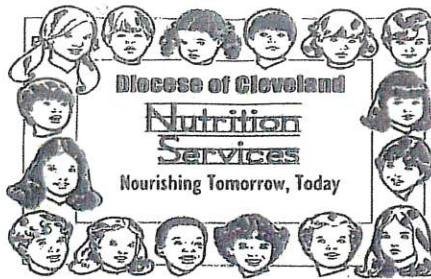


Lunch Includes:

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



Price per lunch:
\$2.75

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

LUNCH Menu

Correspond the cycle week to the color-coordinated calendar below.

August-December 2019

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cheeseburger Sliders or A) Chicken Nuggets with a Roll Seasoned Potato Wedges Mixed Fruit or Seasonal Fresh Fruit	Beef Nachos or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup Cookie Treat	Meatball Sub or A) Chicken Patty on a Bun French Fries Apple Slices or Seasonal Fresh Fruit	Chicken Tenders or A) Hamburger or Cheeseburger on a Bun Broccoli with Cheese or Tossed Garden Salad Fruit Cup	Mozzarella Sticks with Dipping Sauce or A) Cheese Pizza with Dipping Sauce Carrots Pears or Seasonal Fresh Fruit
2	Cheesy Garlic Flatbread with Dipping Sauce or A) Chicken Nuggets with a Roll Mixed Veggies Pineapple or Seasonal Fresh Fruit	Pasta with Meat Sauce & Garlic Toast or A) Mini Corn Dogs Green Beans or Tossed Garden Salad Fruit Cup	Salisbury Steak, Gravy and a Breadstick or A) Popcorn Chicken with Breadstick Mashed Potatoes with Gravy Apple Sauce or Seasonal Fresh Fruit	Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Fruit Yogurt Parfait	Grilled Cheese Sandwich or A) Cheese Pizza with Dipping Sauce Carrot Sticks with Dip Peaches or Seasonal Fresh Fruit
3	French Toast Sticks with Syrup or A) Chicken Nuggets with a Roll Tater Tots 100% Fruit Juice or Seasonal Fresh Fruit	Walking Taco or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza or A) Chicken Patty on a Bun Carrots Pears or Seasonal Fresh Fruit	Roasted Chicken with a Corn Muffin or A) Hamburger or Cheeseburger on a Bun Seasoned Diced Potatoes or Tossed Garden Salad Sunshine Smoothie	Cheese Stuffed Breadsticks with Dipping Sauce or A) Cheese Pizza with Dipping Sauce Green Beans Applesauce or Seasonal Fresh Fruit
4	Riblet on a Bun or A) Chicken Nuggets with a Roll Baked Beans Peaches or Seasonal Fresh Fruit	Fiestada Pizza or A) Mini Corn Dogs Carrots or Tossed Garden Salad Mixed Fruit	Salisbury Steak, Gravy and a Breadstick or A) Popcorn Chicken with a Breadstick Mashed Potatoes with Gravy Apple Sauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli with Cheese or Tossed Garden Salad Mandarin Oranges	Mac & Cheese with a Pretzel Rod or A) Cheese Pizza with Dipping Sauce Mixed Veggies Fruit Cup or Seasonal Fresh Fruit



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

Substitutions of items may be necessary.

This institution is an equal opportunity provider.



August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan