

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