

Lunch Includes:

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




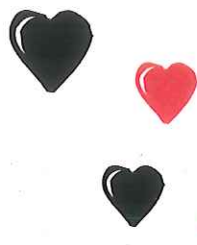





February, 2018

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



February, 2018

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