Lunch Includes:

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

Diocese of Cleveland Nutrition Services
Nourishing Tomorrow, Today

January, 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 New Year!	2 Oven Baked Chicken with a Corn Muffin or A) Hot Dog on a Bun Roasted Potatoes *or* Tossed Garden Salad Frozen Juice Cup	3 Salisbury Steak with Gravy & Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup *or* Seasonal Fresh Fruit	4 Chicken Tenders with a Fresh Baked Pretzel Rod or A) Hamburger or Cheeseburger on a Bun Baked Beans *or* Tossed Garden Salad Pears	5 Breaded Mozzarella Sticks with Marinara Dipping Sauce or A) Cheese Pizza Green Beans Peaches *or* Seasonal Fresh Fruit Cookie Treat!
8 Cheese Quesadilla with Salsa or A) Chicken Nuggets with a Roll Carrots Applesauce Cup *or* Seasonal Fresh Fruit	9 Beef Nachos (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Corn Dog Black Bean & Corn Salad *or* Tossed Garden Salad 100% Fruit Juice	10 Salisbury Steak with Gravy & Roll or A) Popcorn Chicken with a Roll Mashed Potatoes Mixed Fruit *or* Seasonal Fresh Fruit BBQ Potato Crisps	11 Crispy Oven Fried Chicken Drumstick with a Roll or A) Hamburger or Cheeseburger on a Bun Potato Wedges *or* Tossed Garden Salad Mandarin Oranges	12 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!

5 Ways to Avoid Sports Injuries

Playing sports is a lot of fun. Getting hurt is not. Take these five steps to prevent injuries so you can stay in the game.

1 Wear Protective Gear

Protective gear is anything you wear that helps keep you from getting hurt. The gear you wear depends on the sport you play (e.g. helmets or protective pads).

2 Warm Up

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So take a light jog to get loosened up and ready to play.

3 Know the Rules of the Game

When players know the rules of the game—what's legal and what's not—fewer injuries happen. You and the other players know what to expect from each other.

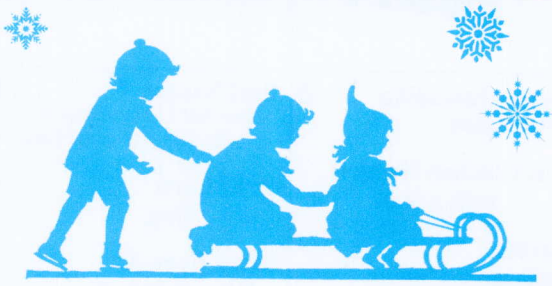
4 Watch Out for Others

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being courteous.

5 Don't Play When You're Injured

This is a really important one. If you love sports, it's tempting to get right back in the game, even after an injury. But playing when you're hurt—or before an injury has had a chance to fully heal—is a bad idea. It can lead to an even worse injury, one that might sideline you for a long time.

January, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
15 	16 Pasta with Meat Sauce & Garlic Toast or A) Hot Dog on a Bun Green Beans *or* Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	17 Manwich Sloppy Joe on a Bun or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie *or* Seasonal Fresh Fruit	18 Fiestada Pizza or A) Hamburger or Cheeseburger on a Bun Corn *or* Tossed Garden Salad Raisins	19 Cheese Stuffed Breadsticks with Marinara Dipping Sauce or A) Cheese Pizza Broccoli Strawberry Cup *or* Seasonal Fresh Fruit
22 Cheese Calzone or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce Cup *or* Seasonal Fresh Fruit	23 Walking Taco (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn *or* Tossed Garden Salad 100% Fruit Juice	24 Meatball Sub or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup *or* Seasonal Fresh Fruit	25 Popcorn Chicken with Rice & Breadstick (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli *or* Tossed Garden Salad Mandarin Oranges	26 Mac & Cheese with a Pretzel Rod or A) Cheese Pizza Green Beans Pears *or* Seasonal Fresh Fruit
CATHOLIC SCHOOLS WEEK JAN 28TH-FEB 3TH				
29 Pepperoni Pizza or A) Chicken Nuggets with a Roll Carrots Apple Slices *or* Seasonal Fresh Fruit	30 Oven Baked Chicken with a Corn Muffin or A) Hot Dog on a Bun Roasted Potatoes *or* Tossed Garden Salad Frozen Juice Cup	31 Salisbury Steak with Gravy & Breadstick or A) Chicken Patty on a Bun Mashed Potatoes Strawberry Cup *or* Seasonal Fresh Fruit		

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SUBSTITUTION OF ITEMS MAY BE NECESSARY

Chef Louie Explains: Getting Muscles

Ever wish you could be as muscular as a superhero or your favorite professional athlete? Well, the big muscles you're thinking about aren't possible for children. Professional athletes are grownups, whose bodies are different from childrens' bodies in many ways. On the bright side, both boys and girls **can** do a lot to build strong, healthy muscles.

Playing Makes Muscles

It sounds too simple, but it's true. Playing, running, jumping, and riding your bike can make your muscles stronger. Any physical activity you like to do—from dancing to playing football—can make you stronger. Why? Because you're using your muscles when you perform the activity.

Eat Strong

What should you eat if you want strong muscles? You might think you need a lot of foods that contain protein (such as meat and eggs) or foods that contain iron. But no one magical food helps build muscles. Your muscles—and your entire body—will be strong and healthy if you eat a variety of nutritious foods.

Should You Pump Iron?

Some children want to lift weights so they can look bigger and stronger. But lifting weights won't produce big muscles in children who haven't gone through puberty yet, and lifting heavy weights can be dangerous to chidrens' muscles and tendons.

Information adapted from KidsHealth.org

This institution is an equal opportunity provider.

Monthly Lunch/Milk Order Form

Student Name:

Room:

Grade:

Parent Signature:

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

# of Days Lunch Desired (Milk included with lunch) ⇨	
Multiplied by Lunch Cost Paid $2.75, Reduced 40¢ or Free	
Total Lunch Cost	
# of Days Milk Only Desired	
Multiplied by Milk Cost 50¢	
Total Milk Cost	
Grand Total (Lunch plus Milk)	

Please place only one symbol per day:

✔ = Top Main Item
A = Alternate Main Item
M = Milk only (milk is included with the main and alternate lunch choices)

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 NEW YEAR'S DAY	2	3	4	5
8	9	10	11	12
15 MARTIN LUTHER KING DAY	16	17	18	19
22	23	24	25	26
29	30	31		

USDA and this institution are equal opportunity providers and employers

Database Name: MonthlyParentOrderForms; Layout Name: TwoItem