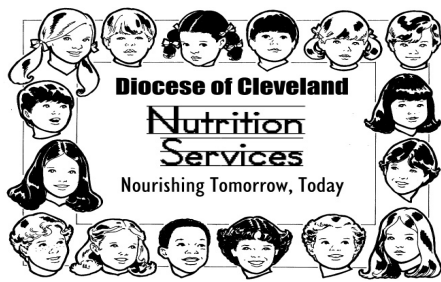


**Lunch Includes:**  
 \*Main or Alternate Item  
 \*Choice of Vegetable Side  
 \*Choice of Fruit Side  
 \*1/2 Pint Milk



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



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