

**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.

**January-May 2020**

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



January 2020

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	

February 2020

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

March 2020

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				

April 2020

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		

May 2020

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
24/31	25	26	27	28	29	30

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan