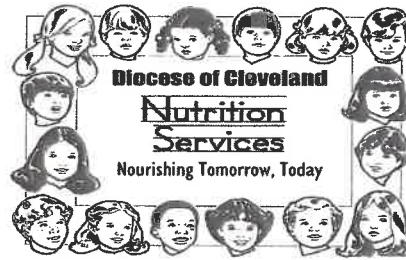


**Lunch Includes:**

- \*Main Item
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



Price per lunch:  
\$3.00

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 2020**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Personal Pepperoni Pizza Carrots Sticks with Dip Seasonal Fresh Fruit	Popcorn Chicken and a Breadstick Corn and Tossed Garden Salad Pears	Hot Dog on a Bun Baked Beans Applesauce	Chicken Tenders Potato Smiles and Tossed Garden Salad Peaches	Mozzarella Sticks with Dipping Sauce Green Beans Seasonal Fresh Fruit
<b>2</b>	Popcorn Chicken with a Breadstick Baked Beans Seasonal Fresh Fruit	Hamburger / Cheeseburger on a Bun Broccoli and Tossed Garden Salad Peaches	French Toast Sticks with Syrup Tater Tots Strawberry Cup	Chicken Nuggets with a Roll Carrot Sticks with Dip and Tossed Garden Salad Fruit Yogurt Parfait	Mac & Cheese with a Pretzel Rod Green Beans Seasonal Fresh Fruit
<b>3</b>	Personal Pepperoni Pizza Carrots Sticks with Dip Seasonal Fresh Fruit	Popcorn Chicken and a Breadstick Corn and Tossed Garden Salad Pears	Hot Dog on a Bun Baked Beans Applesauce	Chicken Tenders Potato Smiles and Tossed Garden Salad Peaches	Mozzarella Sticks with Dipping Sauce Green Beans Seasonal Fresh Fruit
<b>4</b>	Popcorn Chicken with a Breadstick Baked Beans Seasonal Fresh Fruit	Hamburger / Cheeseburger on a Bun Broccoli and Tossed Garden Salad Peaches	French Toast Sticks with Syrup Tater Tots Strawberry Cup	Chicken Nuggets with a Roll Carrot Sticks with Dip and Tossed Garden Salad Fruit Yogurt Parfait	Mac & Cheese with a Pretzel Rod Green Beans 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 2020**

S	M	T	W	T	F	S
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 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			

**October 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

**November 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					

**December 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		

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan