

HIGH SCHOOL LUNCH MENU

OCTOBER 2017



Food & Nutrition Services
Feeding healthy futures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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DAILY ALTERNATE ENTRÉE CHOICES:

PB & J Sandwich Spicy Chicken Sandwich	PB & J Sandwich Hot Wings Turkey Ranch Wrap	PB & J Sandwich Spicy Chicken Sandwich	PB & J Sandwich Hot Wings Turkey Ranch Wrap	PB & J Sandwich Spicy Chicken Sandwich
2 Ballpark Nachos Buffalo Chicken Salad w/ Dinner Roll Baby Carrots Calabasitas Con Elote	3 Chicken Alfredo Pasta Alfredo Pasta Garlic Toast Garden Greens Sweet Peas	4 Turkey Pot Pie w/ Farmstyle Biscuit Brown Rice & Beans Cucumber Coins Baby Carrots	5 Crispy Beef Tacos Crispy Veggie Tacos Spanish Rice Spanish Beans Broccoli	6 Ham Torta Grilled Med Sandwich Potato Strips Celery Sticks
9 Pork Riblet w/ Mashed Potatoes Chili Relleno Quiche Dinner Roll Baby Carrots	10 Korean BBQ Chicken w/ Asian Style Rice Broccoli & Cheese Baked Potato w/ Dinner Roll Sweet Peas Celery Sticks	11 Layered Beef Enchiladas Chilaques Spanish Rice Sweet Corn Cucumber/Tomato Salad	12 'Pig' in a Blanket Crunchy Falafel Wrap Sweet Potato Puffs Southwest Beans	13 Chicken Ranch Pizza Veggie Stromboli Broccoli Baby Carrots
16 Firecracker Chicken Buffalo Chicken Salad Dinner Roll Sweet Potato Puffs Cucumber Coins	17 Santa Fe Burger Salsa Black Bean Burger Baby Carrots Broccoli	18 Lemon Chicken w/ Garlic Toast Hummus Bowl w/ Tortilla Chips Oven Roasted Potatoes Cucumber/Tomato Salad	19 Asian Pork Bibimba Bowl w/Brown Rice Mexican Chopped Salad w/Tortilla Strips Sweet Peas Baby Carrots	20 Pork Carnitas Tacos Bean & Cheese Burrito Spanish Rice Spanish Beans Celery Sticks
23 Hay Stacks Fiesta Rice Wrap Fiesta Bean Salad Spicy Cucumbers Broccoli	24 Chicken Gumbo w/ Brown Rice Mac & Cheese Sweet Corn Baby Carrots	25 Beef Lasagna Veggie Lasagna Garlic Toast Garden Greens Green Beans	26 DPS PLANNING DAY Manager's Choices	27 DPS PLANNING DAY Manager's Choices
30 Ballpark Nachos Buffalo Chicken Salad w/ Dinner Roll Fiesta Bean Salad Baby Carrots	31 Chicken Alfredo Pasta Alfredo Pasta Garlic Toast Homestyle Potato Salad Celery Sticks	SALAD BAR An unlimited variety of fresh, canned, and frozen fruits and vegetables are offered daily. Local varieties are always used when available.	HOT SANDWICHES Hamburger Cheeseburger Chicken Spicy Chicken Served with our choice of Baked Sweet Potato Strips or French Fries.	FRESH EXPRESS PB & J Sandwich Turkey w/Cheese Egg Salad Sandwich Tuna Salad Sandwich Spicy Chicken Wrap Veggie Wrap All served w/Fresh Fruit

MENU INFORMATION

Scratch Made	Vegetarian	Whole Grain	Contains Pork
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For more information please visit: foodservices.dpsk12.org

* Please note, menus are subject to change. This institution is an equal opportunity provider.



JOIN US

We cordially invite your student to have lunch with us.

In Denver Public Schools, we recognize that student health has a direct impact on academic achievement. We believe healthy kids make better students, and better students make healthier communities. That is why we are committed to providing our students with delicious, nutritious and convenient meal options every day.

Our students have daily access to fruit and vegetable bars, vegetarian options and locally-sourced ingredients. Our lunch program is available to all of students, regardless of income.

Research shows, students who eat breakfast at the start of their school day have higher math and reading scores, they focus and behave better, and are less likely to be absent. We are proud to serve breakfast, at no charge, to ALL students in Denver Public Schools.

Give us a try today. We would be thrilled to feed your child.

For more information, please visit: <http://foodservices.dpsk12.org/>

CHARGE POLICY UPDATE

We are pleased to announce that beginning this year, we will feed every student, every day. That means we will offer every child a complete lunch meal, even if they do not have the means to pay. However, families will still be expected to repay any lunch debt their child accrues. Rules and guidelines for the school lunch program have not changed as a result of this new and exciting decision.

We highly encourage all families to apply for the free- and reduced- lunch assistance program, regardless if you qualify.

To apply, visit: <http://foodservices.dpsk12.org/>

MILK CHOICES

Water and a variety of milk are provided with each meal:

- Fat Free White
- 1% White
- Fat Free Strawberry
- Fat Free Chocolate

ENTRÉE SALADS

- Buffalo Chicken
- Chicken Cesar
- Turkey Chef
- Vegetarian Chef
- Yogurt Basket

DAILY PIZZA FARE

At least two types of pizza served daily:

- Cheese
- Jalapeno
- Pepperoni
- Sausage
- Hot Sauce Chicken
- Mushroom & Green Pepper

Our DPS/BlackJack pizza is special – prepared with low-fat cheese and milk and whole grain flour.