

August Elementary 2009



FEED EVERY CHILD EVERY DAY

Menu is subject to change depending upon availability of products.

Lunch Prices

Paid Students

Grades K - 5: \$1.40
 Grades 6 - 8: \$1.65
 Grades 9 -12: \$2.20
 Adults: \$2.50

Breakfast is **NO CHARGE** for all DPS Students.

Breakfast Menu - Items Served Weekly

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Waffles Yogurt Basket	Sunshine Biscuit Cheese Quesadilla	Breakfast Wrap PB & J	Cinnamon Roll Hard Cooked Egg & Toast	Breakfast Pizza Cheese Toast



Daily Breakfast Selections

Homemade Toast , Variety of Fresh Fruit, Variety Cold Whole Grain Cereal, Muffins or Mini Loafs, 100% Fruit Juice, Variety 1% Milk



Lunch Menu

	Wednesday 19	Thursday 20	Friday 21
	BBQ Chicken w/Dinner Roll Yogurt Basket w/Blueberry Muffin Sweet Peas Garden Greens Apple Grapes Pears Mandarin Oranges	Hamburger Buffalo Chicken Salad Veggie Wrap w/Sun Chips Baby Carrots French Fries Watermelon Honey Dew Peach Cup S Pineapple	Mac & Cheese w/Dinner Roll Turkey Chef Salad PB & J Sandwich Grilled Cheese Sandwich Steamed Broccoli Fresh Veggie Patch Kiwi Cantaloupe Rosy Applesauce Pears

Healthy Meals Feed Eager Minds

As the cost of everything increases - school meals are a great value; both nutritionally and economically. Breakfast is free to all students in schools that offer a breakfast program and lunch prices are the same as last year.



- Meals served at DPS must meet nutrition guidelines based on the Dietary Guidelines for Americans.
- No more than 30% of calories can come from fat and less than 10% from saturated fat.
- School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories over the course of one week of menus.
- Students who eat school lunches consume less calories from fat than students who bring lunch from home.
- Compared to lunches from home, school lunches contain:
 - Three times as many dairy products
 - Twice as much fruit
 - Seven times the vegetable amounts
- NSLP participants have substantially lower intakes of added sugars than do non-participants.

P - Contains Pork

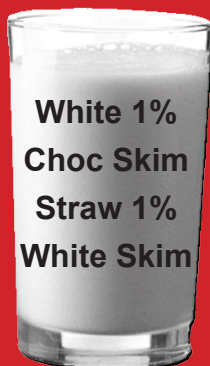
V - Vegetarian

S - Super Food

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A variety of milk is offered with each meal



A variety of additional fresh fruit and vegetables are offered daily.



Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Chicken Nuggets w/ Muffin	Mini Ravioli w/ Breadstick	Pig-n-Blanket	Chicken Quesadilla	Sloppy Joe
Chicken Caesar Salad w/Croutons	Orange Chicken Salad w/Crackers	Yogurt Basket w/Blueberry Muffin	Buffalo Chicken Salad w/Ranch & Crackers	Ham Chef Salad
PB & J Sandwich	Veggie Wrap w/Sun Chips	Turkey & Cheese	Veggie Wrap w/Sun Chips	PB & J Sandwich
Grilled Cheese Sandwich				Grilled Cheese Sandwich
Zesty Pasta Salad	Garden Greens	Picnic Beans	Spicy Corn Salad	Tater Tots
Mashed Potatoes w/Chicken Gravy	Mixed Vegetables	Celery Sticks	Blueberry Spinach Salad	Garden Greens
Kiwi	Pineapple	Watermelon	Strawberries	Cantaloupe
Strawberries	Honey Dew	Fruit Trio	Grapes	Kiwi
Pears	Fruit Cocktail	Applesauce	Mandarin Oranges	Fruit Cocktail
Peaches	Grapes	Peaches	Brownie	Pineapple

SuperFood of the Month - Peaches

Each month we will be featuring a different "SuperFood," foods that are rich in nutrients, provide you with energy, and keep you healthy. The featured SuperFood will be on that month's breakfast or lunch menu. This month's SuperFood –peaches- are grown here in Colorado. Peaches have been grown in Palisade, CO since the late 1800's. Peaches are high in Vitamin C which helps the body heal and shortens colds. Vitamins A and E, niacin, riboflavin, and thiamin are also found in peaches. Enjoy Colorado peaches today! (References: www.townofpalisade.org/history.htm, www.nal.usda.gov/fnic/foodcomp/search)



Physical Activity of the Month

Join a local Denver parks and recreation center! Fall program registration for all of the exciting programs is now available for the entire family. Classes covering fitness, sports, arts and culture and outdoor education are offered at the recreation center. Classes are affordable for the entire family; financial assistance is available for all classes and memberships through the scholarship program. Call 311 or visit this website: www.denvergov.org/recreation. Eligible residents may request a scholarship if they cannot afford to pay full price.

Jokes of the Month



What is black, white, green, and bumpy?
- A pickle wearing a tuxedo!

What do you call cheese that isn't yours?
- Nacho Cheese!



Wanted: Friendly & dedicated people to staff the DPS lunchrooms. Food & Nutrition Services is currently hiring part-time seasonal lunchroom employees. Apply in person at 2320 W. 4th Avenue or contact 720-423-5646 for more details.

Ask the Dietitian

Are fresh fruits and vegetables served with school meals?

Yes! We serve two fresh fruits and one fresh vegetable daily at lunch. We also serve at least one fresh fruit with breakfast. An entrée salad is offered for lunch every day and lettuce and tomato are served with many sandwich choices. Some of the fresh fruits we serve are cantaloupe, watermelon, strawberries, grapes and kiwi. Apples, oranges and bananas are also offered. We include spinach and red cabbage in our salad mix to increase the nutritional values and improve appearance. Spinach salad and coleslaw are also on the menu monthly. Encourage your children to eat five fruits and vegetables daily.

Is a free breakfast still available for all students?

DPS Food and Nutrition Services has again committed to serving every child that attends a school with a breakfast program a free breakfast every day. Our breakfast selections include whole grain cereals, fresh fruit, juice, homemade toast, breakfast sandwiches and wraps, and waffles or pancakes. It is very important that all students start the school day with a good meal so they can pay better attention in class. In some schools, we have Breakfast in the Classroom. Check out the breakfast menu with your children and have them join us for this most important meal of the day.

Nutrition Facts

August Breakfast			
Nutrient	Average		Target
Calories	546.2		554
Cholesterol	34.1	mg	75
Fiber	3.4	g	4.00
Iron	4.8	mg	2.99
Calcium	396.5	mg	253.85
Vitamin A	1119.1	iu	971
Vitamin C	25.8	mg	12.50
Total Fat	13.3	%	<30%
Saturated Fat	3.9	%	<10%

August 19 - 21			
Elementary Lunch			
Nutrient	Average		Target
Calories	724.4		634
Cholesterol	43.8	mg	150
Fiber	7.1	g	4.5
Iron	4.2	mg	3.30
Calcium	557.9	mg	267.00
Vitamin A	2185.4	iu	1000
Vitamin C	41.3	mg	15.00
Total Fat	21.2	%	<30%
Saturated Fat	6.3	%	<10%

August 24 - 28			
Elementary Lunch			
Nutrient	Average		Target
Calories	707.8		634
Cholesterol	51.7	mg	150
Fiber	7.2	g	4.5
Iron	4.3	mg	3.30
Calcium	450.4	mg	267.00
Vitamin A	1679	iu	1000
Vitamin C	33.4	mg	15.00
Total Fat	21.1	%	<30%
Saturated Fat	6.2	%	<10%