

# October 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
Cereal & Toast Waffles/ Syrup PB&J	Cereal & Toast Yogurt Basket Cheese Toast	Cereal & Toast Breakfast Wrap Cinnamon Roll	Sunshine Breakfast Biscuit Breakfast Quesadilla w/ Salsa	Breakfast Pizza <b>P</b> Egg & Toast

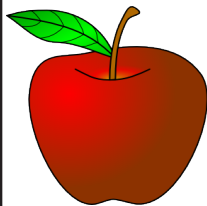


**Daily Breakfast Selections**  
 Homemade Toast , Variety of Fresh Fruit, Variety Cold Whole Grain Cereal,  
 100% Fruit Juice, Variety 1% Milk



## Lunch Menu

			Thursday 1	Friday 2
			Hot Roast Beef Sandwich	Chicken Patty Sandwich
			<b>Entrée Salad Selections</b> Buffalo Chicken Salad Egg & Cheese Chef Salad <b>V</b>	<b>Entrée Salad Selections</b> Turkey Chef Salad Ham Chef Salad
			<b>Wrap It Up Selections</b> Turkey Ranch Wrap Chicken Ranch Wrap	<b>Sandwich Classic Selections</b> Peanut Butter & Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b>
			Assorted Fruits & Vegetables	Assorted Fruits & Vegetables



Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Philly Cheese Steak Sandwich	Chicken Fajita OR Cheese Quesadilla <b>V</b>	Spaghetti Marinara <b>V</b> Meatballs or Meat Sauce	Chicken Strips Dinner Roll	Bean & Cheese Burrito <b>V</b> Green Chili Sauce
<b>Entrée Salad Selections</b> Chicken Caesar Salad Chicken Salad Mexicali Salad	<b>Entrée Salad Selections</b> Orange Chicken Salad Buffalo Chicken Salad	Garlic Flat Bread <b>Entrée Salad Selections</b> Yogurt Basket <b>V</b> w/ Graham Crackers Snack'em Lunch <b>V</b> w/ Muffin	<b>Entrée Salad Selections</b> Buffalo Chicken Salad Egg & Cheese Chef Salad <b>V</b>	<b>Entrée Salad Selections</b> Turkey Chef Salad Ham Chef Salad
<b>Sandwich Classic Selections</b> Peanut Butter & Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b>	<b>Wrap It Up Selections</b> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap	<b>Lunchbox Sandwich Selections</b> Ham/ Turkey/ Tuna Or Egg <b>V</b> Sandwich All American Sub	<b>Wrap It Up Selections</b> Turkey Ranch Wrap Chicken Ranch Wrap	<b>Sandwich Classic Selections</b> Peanut Butter & Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b>
Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables	Assorted Fruits & Vegetables

**P** - Contains Pork

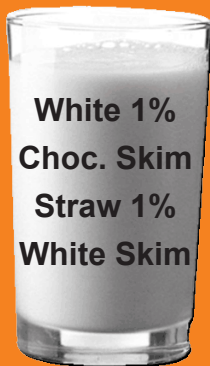
**V** - Vegetarian

**S** - Super Food

# October 2009



A variety of milk is offered with each meal



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



Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
<p>Pizza <b>V</b></p> <p><b>Entrée Salad Selections</b> Chicken Caesar Salad Chicken Salad Mexicali Salad</p> <p><b>Sandwich Classic Selections</b> Peanut Butter &amp; Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b></p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Macho Nachos <b>V</b></p> <p><b>Entrée Salad Selections</b> Orange Chicken Salad Buffalo Chicken Salad</p> <p><b>Wrap It Up Selections</b> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Roasted Chicken Lemon Roasted Chicken OR BBQ Roasted Chicken</p> <p><b>Entrée Salad Selections</b> Yogurt Basket <b>V</b> w/ Graham Crackers Snack'em Lunch <b>V</b> w/ Muffin</p> <p><b>Lunchbox Sandwich Selections</b> Ham/ Turkey/ Tuna Or Egg <b>V</b> Sandwich All American Sub</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Hamburger Deluxe</p> <p><b>Entrée Salad Selections</b> Buffalo Chicken Salad Egg &amp; Cheese Chef Salad <b>V</b></p> <p><b>Wrap It Up Selections</b> Turkey Ranch Wrap Chicken Ranch Wrap</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Mac &amp; Cheese <b>V</b></p> <p><b>Entrée Salad Selections</b> Turkey Chef Salad Ham Chef Salad</p> <p><b>Sandwich Classic Selections</b> Peanut Butter &amp; Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b></p> <p><i>Assorted Fruits &amp; Vegetables</i></p>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
<p>Chicken Nuggets Dinner Roll</p> <p><b>Entrée Salad Selections</b> Chicken Caesar Salad Chicken Salad Mexicali Salad</p> <p><b>Sandwich Classic Selections</b> Peanut Butter &amp; Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b></p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Mini Beef Ravioli Garlic Flat Bread</p> <p><b>Entrée Salad Selections</b> Orange Chicken Salad Buffalo Chicken Salad</p> <p><b>Wrap It Up Selections</b> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Pig in a Blanket</p> <p><b>Entrée Salad Selections</b> Yogurt Basket <b>V</b> w/ Graham Crackers Snack'em Lunch <b>V</b> w/ Muffin</p> <p><b>Lunchbox Sandwich Selections</b> Ham/ Turkey/ Tuna Or Egg <b>V</b> Sandwich All American Sub</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Chicken Quesadilla OR Cheese Quesadilla <b>V</b></p> <p><b>Entrée Salad Selections</b> Buffalo Chicken Salad Egg &amp; Cheese Chef Salad <b>V</b></p> <p><b>Wrap It Up Selections</b> Turkey Ranch Wrap Chicken Ranch Wrap</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Sloppy Joe OR Pulled Pork <b>V</b></p> <p><b>Entrée Salad Selections</b> Turkey Chef Salad Ham Chef Salad</p> <p><b>Sandwich Classic Selections</b> Peanut Butter &amp; Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b></p> <p><i>Assorted Fruits &amp; Vegetables</i></p>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<p>Tacos Spanish Rice</p> <p><b>Entrée Salad Selections</b> Chicken Caesar Salad Chicken Salad Mexicali Salad</p> <p><b>Sandwich Classic Selections</b> Peanut Butter &amp; Jelly <b>V</b> Toasted Cheese Sandwich <b>V</b></p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Pizza <b>V</b></p> <p><b>Entrée Salad Selections</b> Orange Chicken Salad Buffalo Chicken Salad</p> <p><b>Wrap It Up Selections</b> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap</p> <p><i>Assorted Fruits &amp; Vegetables</i></p>	<p>Parent Teacher Conference</p> <p><b>NO SCHOOL</b></p>	<p><b>Fall Break</b></p> <p><b>NO SCHOOL</b></p>	

## Jokes of the Month



Why did the bacon laugh?  
- Because the egg cracked a yolk!

How do you fix a flat pumpkin?  
- With a pumpkin patch!



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

## Why do you serve flavored milk at school?

Flavored milk provides the same nine essential nutrients that are found in unflavored milk. These are calcium, Vitamin D, riboflavin, phosphorus, protein, potassium, vitamin A, Vitamin B12, and niacin. Studies show that when flavored milk is offered in schools, overall milk consumption increases along with all these nutrients. The American Academy of Pediatrics agrees that low fat or fat-free flavored milks are generally recommended to help optimize the bone health and calcium intakes of children and adolescents. Flavored milk contributes less than 2% of the total added sugar to the average teen's diet; adolescents, particularly girls, are at greater risk for inadequate intakes of calcium and Vitamin D. Research indicates that up to 55% of adolescents may be deficient in Vitamin D and that 90% of teen girls and 70% of boys are not getting the calcium they need. A study from the University of Vermont found that children who drank flavored milk drank more milk and got more calcium without increasing their total fat and added sugars intake. Our flavored milk options are skim chocolate milk and 1% strawberry milk. As of this school year, both are sweetened with sugar rather than high fructose corn syrup and contain no more than 12-14 grams of added sugar. Low fat (1%) unflavored milk is always offered as another choice.

## Nutrition Facts

October 5 - 9						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	666.4		627	855.3		785
Cholesterol	51.0	mg	150	61.0	mg	150
Fiber	7.6	g	4.5	9.9	g	6.5
Iron	4.6	mg	3.30	5.3	mg	4.23
Calcium	466.3	mg	267.00	576.5	mg	370.45
Vitamin A	1609.2	iu	1000	1962.5	iu	1426
Vitamin C	36.2	mg	15.00	50.5	mg	17.42
Total Fat	18.3	%	<30%	26.9	%	<30%
Saturated Fat	5.9	%	<10%	7.7	%	<10%

October 12 - 16						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	693.6		627	852.3		785
Cholesterol	41.5	mg	150	63.9	mg	150
Fiber	6.6	g	4.5	8.8	g	6.5
Iron	3.7	mg	3.30	5.6	mg	4.23
Calcium	529.2	mg	267.00	587.4	mg	370.45
Vitamin A	1969.6	iu	1000	1593.4	iu	1426
Vitamin C	38.5	mg	15.00	37.8	mg	17.42
Total Fat	21.3	%	<30%	27.9	%	<30%
Saturated Fat	6.8	%	<10%	8.0	%	<10%

October Breakfast			
Nutrient	Average		Target
Calories	534.3		554
Cholesterol	39.3	mg	75
Fiber	4.7	g	4.00
Iron	5.2	mg	2.99
Calcium	396.7	mg	253.85
Vitamin A	1070.2	iu	971
Vitamin C	25.2	mg	12.50
Total Fat	14.2	%	<30%
Saturated Fat	4.2	%	<10%

October 19 - 23						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	707.8		627	855.3		785
Cholesterol	51.7	mg	150	61.0	mg	150
Fiber	7.2	g	4.5	9.9	g	6.5
Iron	4.3	mg	3.30	5.3	mg	4.23
Calcium	450.4	mg	267.00	576.5	mg	370.45
Vitamin A	1679.0	iu	1000	1962.5	iu	1426
Vitamin C	33.4	mg	15.00	50.5	mg	17.42
Total Fat	21.1	%	<30%	26.9	%	<30%
Saturated Fat	6.2	%	<10%	7.7	%	<10%

October 1 - 2						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	704.3		627	851.6		785
Cholesterol	50.1	mg	150	68.2	mg	150
Fiber	6.9	g	4.5	8.3	g	6.5
Iron	6.4	mg	3.30	6.9	mg	4.23
Calcium	491.9	mg	267.00	615.5	mg	370.45
Vitamin A	1760.4	iu	1000	1283.3	iu	1426
Vitamin C	25.7	mg	15.00	29.2	mg	17.42
Total Fat	21.1	%	<30%	28.0	%	<30%
Saturated Fat	5.9	%	<10%	8.1	%	<10%

October 26 - 30						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	680.5		627	852.3		785
Cholesterol	47.8	mg	150	63.9	mg	150
Fiber	7.7	g	4.5	8.8	g	6.5
Iron	5.2	mg	3.30	5.6	mg	4.23
Calcium	566.8	mg	267.00	587.4	mg	370.45
Vitamin A	2972.6	iu	1000	1593.4	iu	1426
Vitamin C	38.3	mg	15.00	37.8	mg	17.42
Total Fat	18.5	%	<30%	27.9	%	<30%
Saturated Fat	6.1	%	<10%	8.0	%	<10%