

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

SERVED DAILY:
Cereal or Hot Oatmeal
Homemade Toast
Yogurt Basket
Fruit / Juice

SPECIALTY ENTREES
MONDAY: Pancakes w/
Blueberry Sauce
TUESDAY: Sunshine
Breakfast Sandwich

WEDNESDAY: Breakfast
Burrito
THURSDAY: Breakfast Quiche
FRIDAY: Breakfast Pizza



Do you know where our nutritious food comes from? We use foods grown in Colorado whenever we can! Check out Oct. 10-14 menus: foods highlighted in green are locally produced.



Lunch

3
Nachos
Turkey Chef Salad
Italian Sub
Crispy Corn
Fresh Veggie Patch
Red Grapes, Kiwi,
Cantaloupe, Strawberries

4
Penne & Chicken
Garlic Bread
Toasted Cheese Sandwich
Snack'm Lunch w/Muffin
Baby Carrots
Sautéed Zucchini
Kiwi, Oranges
Watermelon, Grapes

5 Walk To School Day
Meat Loaf with
Mashed Potatoes & Gravy
Dinner Roll
Egg Salad Sandwich
Buffalo Chicken Salad
Garden Greens
Strawberries, Honey Dew,
Apple, Orange

6
Bean Burrito
w/Green Chili Sauce
Turkey & Cheese Sandwich
Yogurt Basket w/Muffin
Sweet Peas
Baby Carrots
Strawberries, Cantaloupe,
Fresh Peach, Grapes

7
Chicken Nuggets
Garden Chili
Corn Bread
PBJ
Turkey Ham Chef Salad
Sweet Potatoes
Garden Greens
Watermelon, Plum,
Strawberries, Kiwi

National School Lunch Week - October 10 - 14 "Let's Grow Healthy"

10
Chicken Caliente w/
Rice
PBJ
Snack'm Lunch w/
Muffin
Garden Greens
Calabacitas con Elote
Watermelon, Fresh Peach,
Green Grapes, Honey Dew

11
Spaghetti w/Marinara
Spaghetti w/ Meat Sauce
Garlic Bread
Tuna Sandwich
Buffalo Chicken Salad
Green Beans
Cucumber & Tomato Salad
Cantaloupe, Watermelon
Strawberry, Plum

12
Grilled Chicken Sandwich
Toasted Cheese Sandwich
Turkey Ham Chef Salad
Cole Slaw
Sweet Potato Strips
Kiwi, Oranges,
Honey Dew, Grapes

13
Buffalo Chili
Garden Chili
w/ Cinnamon Roll
Italian Sub
Turkey Chef Salad
Steamed Broccoli
Fresh Veggie Patch
Strawberries, Oranges
Honey Dew, Apple

14
American Pizza
Cheese Pizza
Yogurt Basket w/Muffin
Turkey & Cheese Sandwich
Garden Greens
Mixed Vegetables
Red Grapes, Strawberries
Kiwi, Cantaloupe

17
Burrito Bowl
Italian Sub
Snack'm Lunch w/
Muffin
Sweet Corn
Fresh Veggie Patch
Strawberries, Plum,
Cantaloupe, Watermelon

18
Lemon Roasted Chicken
Cheesy Baked Spud
Dinner Roll
Toasted Cheese Sandwich
Turkey Chef Salad
Sweet Peas
Spinach Salad
Kiwi, Watermelon,
Oranges, Plum

19
Nachos
Egg Salad Sandwich
Buffalo Chicken Salad
Spanish Beans
Fresh Veggie Patch
Honey Dew, Apple,
Cantaloupe,
Strawberries

20
Orange Chicken w/
Brown Rice
Mac & Cheese
Yogurt Basket w/
Muffin
Steamed Broccoli
Garden Greens
Grapes, Watermelon,
Fresh Peach, Kiwi

21
Hamburger Deluxe
Toasted Cheese Sandwich
Turkey Ham Chef Salad
Cucumber Coins
Sweet Potato Strips
Watermelon, Plum,
Strawberries,
Cantaloupe

24
Hay Stacks
Garden Chili
Crispy Apple Toasted
Cheese Sandwich
Turkey Chef Salad
Spicy Corn Salad
Fresh Veggie Patch
Fresh Pear, Apples,
Watermelon, Grapes

25
Cheese Ravioli w/Marinara
Garlic Bread
Turkey & Cheese Sandwich
Snack'm Lunch w/Muffin
Spinach Salad
Green Beans
Plum, Kiwi,
Watermelon, Oranges

26
Sloppy Joe
Rice & Beans
Italian Sub
Buffalo Chicken Salad
Cole Slaw
Mixed Vegetables
Strawberries, Grapes,
Cantaloupe, Fresh Peach

27
BBQ Chicken w/
Honey Glazed Oatmeal Roll
Mac & Cheese
Yogurt Basket w/
Muffin
Picnic Beans
Fresh Veggie Patch
Watermelon, Fresh Peach
Apple Crisp, Honey Dew

28
Professional Day
No School for Students

Several varieties
of milk offered
with each meal


VEGETARIAN
PORK
SUPERFOOD

31



Apples are the SuperFood this month because with the peel are very healthy. Apples (with the peel) are a great source of soluble fiber, Vitamin C, potassium and antioxidants which help prevent heart disease, cancer, diabetes, and asthma. The simplest way to enjoy apples is fresh with the skin on, but apples can be added to crisps, hot cereals, salads, breads, muffins, etc. (Reference: "SuperFoods HealthStyle," by

If you think stars only come out at night, think again. Come see the stars, Star Fruits that is, in the lunchroom Oct. 17-21.

 **Walk To School Day is October 5, 2011. Walking, rolling & bicycling to school help students arrive at school energized & ready to learn and are easy ways to reach the recommended 30-60 minutes of exercise daily.**



All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat. DPS menus meet the nutritional requirements of *The Healthier US Challenge Gold Standard* rating. Menus subject to change. For weekly nutrient values, nutrition/Super Foods/ food safety information and links to other informative sites, please visit our website at <http://foodservices.dpsk12.org>.



NUTRITION FACTS October 2011

Oct. 3-7

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	664.2		634	935		785
Cholesterol	65.9	mg	150	75	mg	150
Fiber	7.4	g	4.5	10	g	6.5
Iron	3.8	mg	3.30	5.7	mg	4.23
Calcium	552	mg	267.00	574	mg	370.45
Vitamin A	4424	iu	1000	3950	iu	1426
Vitamin C	78.2	mg	15.00	73.5	mg	17.42
Total Fat	26	%	<30%	28.5	%	<30%
Saturated Fat	9.9	%	<10%	8	%	<10%

Oct. 10-14

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	660		634	855		785
Cholesterol	64	mg	150	75	mg	150
Fiber	7.4	g	4.5	8.7	g	6.5
Iron	4.2	mg	3.30	5.2	mg	4.23
Calcium	488	mg	267.00	575	mg	370.45
Vitamin A	3291	iu	1000	3141	iu	1426
Vitamin C	68	mg	15.00	70	mg	17.42
Total Fat	27	%	<30%	29.4	%	<30%
Saturated Fat	8.7	%	<10%	8.8	%	<10%

Oct. 17-21

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	678.5		634	935		785
Cholesterol	65.4	mg	150	75	mg	150
Fiber	7	g	4.5	10.2	g	6.5
Iron	4.2	mg	3.30	5.7	mg	4.23
Calcium	562	mg	267.00	574	mg	370.45
Vitamin A	3697	iu	1000	3950	iu	1426
Vitamin C	67	mg	15.00	74	mg	17.42
Total Fat	26	%	<30%	28.5	%	<30%
Saturated Fat	9.6	%	<10%	8	%	<10%

Oct. 24-27

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	659.4		634	855		785
Cholesterol	72	mg	150	75	mg	150
Fiber	6.1	g	4.5	8.7	g	6.5
Iron	4.5	mg	3.30	5.2	mg	4.23
Calcium	538	mg	267.00	574.4	mg	370.45
Vitamin A	3082	iu	1000	3141.4	iu	1426
Vitamin C	62	mg	15.00	70	mg	17.42
Total Fat	26.1	%	<30%	29.4	%	<30%
Saturated Fat	10	%	<10%	8.8	%	<10%

Oct. Breakfast

Nutrient	Average		Target
Calories	554		554
Cholesterol	54	mg	75
Fiber	4.9	g	4.00
Iron	4.9	mg	2.99
Calcium	478	mg	253.85
Vitamin A	1014	iu	971
Vitamin C	30.2	mg	12.50
Total Fat	25.6	%	<30%
Saturated Fat	8.4	%	<10%

