

AUGUST 2011 DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH MENUS – K-8				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>				
Cereal or Hot Oatmeal Homemade Toast Pancakes Yogurt Basket w/ Muffin Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Sunshine Breakfast Sandwich Yogurt Basket w/ Muffin Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Breakfast Burrito Yogurt Basket w/ Muffin Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Breakfast Quiche Yogurt Basket w/ Muffin Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast <b>Breakfast Pizza</b> Yogurt Basket w/ Muffin Fruit / Juice


# Welcome Back!

Try one of our new menu items on August 30, **Three Cheese Ravioli in Marinara Sauce**. This colorful entrée consists of tasty whole grain pasta pillows filled with three kinds of cheeses served in a homemade marinara sauce with homemade garlic bread. Sure to please students young and old.



All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat. 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>.



LUNCH			18	19
 <p>DPS menus meet the nutritional requirements of <i>The Healthier US Challenge Gold Standard</i> rating</p>		<p>Several varieties of milk offered with each meal</p> <p><b>VEGETARIAN PORK SUPERFOOD</b></p>	<p>Chili Garden Chili w/ Cinnamon Roll Italian Sub Turkey Chef Salad Steamed Broccoli Fresh Veggie Patch Strawberries, Oranges Honey Dew, Apples</p>	<p>Pizza Cheese or Pepperoni Yogurt Basket w/ Muffin Turkey &amp; Cheese Sandwich Garden Greens Mixed Vegetables Red Grapes, Strawberries Kiwi, Cantaloupe</p>
	22	23	24	25
<p>Burrito Bowl Italian Sub Sack'm Lunch w/Muffin Sweet Corn Fresh Veggie Patch Strawberries, Plum, Cantaloupe, Watermelon</p>	<p>Lemon Roasted Chicken Cheesy Baked Spud Dinner Roll Toasted Cheese Sandwich Turkey Chef Salad Sweet Peas Spinach Salad Kiwi, Watermelon, Oranges, Plums</p>	<p>Nachos Egg Salad Sandwich Buffalo Chicken Salad Spanish Beans Fresh Veggie Patch Honey Dew, Apples, Cantaloupe, Strawberries</p>	<p>Orange Chicken w/ Brown Rice Mac &amp; Cheese Yogurt Basket w/Muffin Steamed Broccoli Garden Greens Grapes, Watermelon, Fresh Peach, Kiwi</p>	<p>Hamburger Deluxe Turkey Ham Chef Salad Toasted Cheese Sandwich Cucumber Coins Sweet Potato Strips Watermelon, Plum, Strawberries, Cantaloupe</p>
29	30	31		
<p>Tacos Vegetarian Tacos Rice Turkey Chef Salad PBJ Spanish Beans Fresh Veggie Patch Fresh Peach, Grapes, Honey Dew, Cantaloupe</p>	<p><b>Cheese Ravioli w/Marinara</b> Garlic Bread Turkey &amp; Cheese Sandwich Snack'm Lunch w/Muffin Spinach Salad Green Beans Plum, Kiwi, Watermelon, Oranges</p>	<p>Sloppy Joe Rice &amp; Beans Italian Sub Buffalo Chicken Salad Cole Slaw Mixed Vegetables Strawberries, Grapes, Cantaloupe, Fresh Peach</p>		

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 highlighted on that month's 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](http://www.townofpalisade.org/history.htm), [www.nal.usda.gov/fnic/foodcomp/search](http://www.nal.usda.gov/fnic/foodcomp/search))

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](http://www.denvergov.org/recreation). Eligible residents may request a scholarship if they cannot afford to pay full price.



Aug. 18-19						
ECE-8 Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	616.5		550-700	783.75		750-850
Cholesterol	51.8	mg	150	64.2	mg	150
Fiber	9.4	g	4.5	8.9	g	6.5
Iron	4.7	mg	3.30	5	mg	4.23
Calcium	480.5	mg	267.00	553.4	mg	370.45
Vitamin A	2756.5	IU	1000	2968.45	IU	1426
Vitamin C	88.7	mg	15.00	80.4	mg	17.42
Sodium	1351.9	mg	1200	1708.5	mg	1200
Total Fat	22.6	%	<30%	26.5	%	<30%
Saturated Fat	6.9	%	<10%	8.2	%	<10%

Aug. 22-26						
ECE-8 Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	662.2		550-700	782.7		750-850
Cholesterol	64.8	mg	150	63.1	mg	150
Fiber	6	g	4.5	8.3	g	6.5
Iron	4.8	mg	3.30	4.7	mg	4.23
Calcium	538.7	mg	267.00	521.6	mg	370.45
Vitamin A	3645	IU	1000	3387.5	IU	1426
Vitamin C	56.2	mg	15.00	62.8	mg	17.42
Sodium	1244.3	mg	1200	1725.2	mg	1200
Total Fat	18.1	%	<30%	26.8	%	<30%
Saturated Fat	7	%	<10%	7.8	%	<10%

Aug. 29-Sept. 2						
ECE-8 Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	616.4		550-700	866.6		750-850
Cholesterol	62.1	mg	150	66.6	mg	150
Fiber	6.2	g	4.5	8.5	g	6.5
Iron	4.1	mg	3.30	5.7	mg	4.23
Calcium	508.8	mg	267.00	598	mg	370.45
Vitamin A	2902.7	IU	1000	3286	IU	1426
Vitamin C	55.3	mg	15.00	50.6	mg	17.42
Sodium	1215.9	mg	1200	1733.6	mg	1200
Total Fat	25.10	%	<30%	26.7	%	<30%
Saturated Fat	8.5	%	<10%	8.8	%	<10%

Aug.-Sept. Breakfast			
Nutrient	Average		Target
Calories	512.5		350-500
Cholesterol	53.6	mg	75
Fiber	4.8	g	4.00
Iron	3.8	mg	2.99
Calcium	477.4	mg	253.85
Vitamin A	1012.5	IU	971
Vitamin C	29.6	mg	12.50
Sodium	658.5	mg	600
Total Fat	25.5	%	<30%
Saturated Fat	8.4	%	<10%

# NUTRITION FACTS

Aug. 18-Sept. 2

2011



Our calorie targets are based on the USDA proposed regulations. The sodium target is the current level established by the Colorado Department of Education, Nutrition Unit. Our scratch cooking initiative has helped us lower sodium levels considerably. We are working diligently to continue lowering the sodium levels in our menus. If you have questions or concerns, please call Jennifer Cook, RD, at 720-423-5605