

DECEMBER 2011		DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH MENUS – K-8				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Breakfast						
Cereal or Hot Oatmeal Homemade Toast Pancakes w/Blueberry Sauce Yogurt Basket Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Sunshine Breakfast Sandwich Yogurt Basket Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Breakfast Burrito Yogurt Basket Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Breakfast Quiche Yogurt Basket Fruit / Juice	Cereal or Hot Oatmeal Homemade Toast Breakfast Pizza Yogurt Basket Fruit / Juice		
Lunch						
 <p>Several varieties of milk offered with each meal</p> <p>VEGETARIAN PORK SUPERFOOD</p>				1	2	
				Bean Burrito w/Green Chili Sauce Turkey & Cheese Sandwich Yogurt Basket w/Muffin Sweet Peas Baby Carrots Pears, Kiwi, Apples, Pineapple	Chicken Nuggets Garden Chili Corn Bread PBJ Turkey Ham Chef Salad Sweet Potatoes Garden Greens Applesauce, Peaches Tangerines, Green Grapes	
5	6	7	8	9		
Chicken Caliente w/ Rice & Spanish Beans PBJ Snack'm Lunch w/ Muffin Garden Greens Peaches, Apples, Green Grapes, Pears	Spaghetti w/Marinara Spaghetti w/ Meat Sauce Garlic Bread Tuna Sandwich Buffalo Chicken Salad Green Beans Cucumber & Tomato Salad Pineapple, Oranges, Kiwi, Applesauce	Grilled Chicken Sandwich Toasted Cheese Sandwich Turkey Ham Chef Salad Sweet Potato Strips Fresh Veggie Patch Mandarin Oranges, Pears, Red Grapes, Grapefruit	Chili Garden Chili w/ Cinnamon Roll Italian Sub Turkey Chef Salad Steamed Broccoli Fresh Veggie Patch Pears, Kiwi, Apples, Pineapple	Pizza Cheese or Pepperoni Yogurt Basket w/ Muffin Turkey & Cheese Sandwich Garden Greens Mixed Vegetables Applesauce, Peaches Tangerines, Green Grapes		
12	13	14	15	16		
Burrito Bowl Italian Sub Snack'm Lunch w/ Muffin Sweet Corn Fresh Veggie Patch Peaches, Apples, Green Grapes, Pears	Lemon Roasted Chicken Cheesy Baked Spud Dinner Roll Turkey Chef Salad Spinach Salad Sweet Peas Pineapple, Oranges, Kiwi, Applesauce	Fish Sticks Cornbread Muffin Egg Salad Sandwich Buffalo Chicken Salad Picnic Beans Fresh Veggie Patch Mandarin Oranges, Pears, Red Grapes, Grapefruit	Orange Chicken w/ Brown Rice Mac & Cheese Yogurt Basket w/ Muffin Steamed Broccoli Garden Greens Pears, Kiwi, Apples, Pineapple	Hamburger Deluxe Toasted Cheese Sandwich Turkey Ham Chef Salad Cucumber Coins Sweet Potato Strips Applesauce, Peaches, Tangerines, Green Grapes		

Happy Holidays

Winter Break - December 19, 2011 ~ January 3, 2012

This month's SuperFood- citrus fruit- is a very rich source of Vitamin C. We may think of citrus fruit, such as oranges, grapefruit, lemons and limes, only when a cold is coming on; however, we need to eat Vitamin C daily, since it is important for our immune system, helps heal cuts and keeps our gums healthy. From the 15th -19th century, thousands of sailors who did not eat enough Vitamin C rich foods (citrus fruit) suffered from scurvy causing bruised skin, delayed wound healing and weak gums allowing teeth to fall out in some cases. Eat more citrus fruit to keep your body healthy! (References: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews and LEDA at Harvard Law School <http://leda.law.harvard.edu/leda/data/658/Mayberry.html>).



Try a new SuperFood item on the menu this month – grapefruit!

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>.

Go for a family walk after those holiday meals. Put on a pedometer to track your steps. Visit this site: www.thewalkingsite.com/motivation.html to get started! To register for winter programs with Parks and Recreation call 311 or visit www.denvergov.org/recreation.



Nov. 28-Dec. 2						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	683		634	867		785
Cholesterol	62	mg	150	73.8	mg	150
Fiber	7.4	g	4.5	9.7	g	6.5
Iron	4.5	mg	3.30	5.3	mg	4.23
Calcium	530	mg	267.00	555	mg	370.45
Vitamin A	3136	iu	1000	4265	iu	1426
Vitamin C	43.8	mg	15.00	76.1	mg	17.42
Total Fat	24.4	%	<30%	28	%	<30%
Saturated Fat	9.2	%	<10%	8	%	<10%

December 5-9						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	668		634	846		785
Cholesterol	66.5	mg	150	77.5	mg	150
Fiber	7.6	g	4.5	8.6	g	6.5
Iron	4.3	mg	3.30	5.2	mg	4.23
Calcium	483	mg	267.00	570.4	mg	370.45
Vitamin A	3289	iu	1000	3083	iu	1426
Vitamin C	61	mg	15.00	69	mg	17.42
Total Fat	25.6	%	<30%	28.8	%	<30%
Saturated Fat	8.10	%	<10%	8.4	%	<10%

December 12-16						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	679		634	850		785
Cholesterol	72.8	mg	150	72	mg	150
Fiber	7	g	4.5	9.7	g	6.5
Iron	4.4	mg	3.30	5.3	mg	4.23
Calcium	531	mg	267.00	543	mg	370.45
Vitamin A	2811	iu	1000	4181	iu	1426
Vitamin C	44.4	mg	15.00	76	mg	17.42
Total Fat	24.5	%	<30%	27.9	%	<30%
Saturated Fat	9	%	<10%	7.9	%	<10%

NUTRITION FACTS December 2011



December Breakfast			
Nutrient	Average		Target
Calories	554		554
Cholesterol	54	mg	75
Fiber	5	g	4.00
Iron	3.8	mg	2.99
Calcium	478	mg	253.85
Vitamin A	1014	iu	971
Vitamin C	30	mg	12.50
Total Fat	25.6	%	<30%
Saturated Fat	8.4	%	<10%