

JANUARY 2010 **DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH MENUS – K-8****

**Middle Schools follow this menu with additional choices available determined by the on-site lunchroom manager.

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**



BREAKFAST - Fruit/Juice and Milk Selections offer with each breakfast.

Cereal & Toast French Toast Sticks/ Syrup PB&J	Cereal & Toast Yogurt Basket Cheese Toast	Cereal & Toast Breakfast Sticks P w/Syrup Cinnamon Roll	Cereal & Toast Sunshine Breakfast Biscuit Breakfast Quesadilla w/Salsa	Cereal & Toast Breakfast Pizza P Egg & Toast
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LUNCH – A great assortment of fresh, frozen, and canned juicy, sweet fruits & colorful, flavorful veggies offered DAILY!

This month's SuperFood is consumed by many Americans in the form of pizza! Yes, tomatoes are a SuperFood rich in lycopenes, a type of antioxidant that helps protect cells from damage. They also contain other nutrients like Vitamin C, potassium, B vitamins, and fiber. The lycopenes in tomatoes may reduce the risk of prostate cancer, heart disease, skin damage from the sun, and macular degeneration. Tomatoes can be enjoyed in many ways (besides pizza): fresh - chopped in a salad or salsa- or cooked as part of a pasta dish, omelet, or soup. Heating tomatoes actually increases the availability of lycopenes. For new tomato recipes, visit www.dolenutrition.com. (Reference: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews).



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New Year's Day
Holiday
Winter Break

4 Professional Day No School for Students 	5 Breaded Cheese Sticks V w/ Marinara Sauce S Entrée Salad Selection Orange Chicken Buffalo Chicken Wrap It Up Selection Chicken Fajita Lettuce Chicken Ranch Ham Ranch	6 Roasted Chicken Lemon or BBQ Entrée Salad Selection Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin Lunchbox Sandwich Selection Ham/ Turkey/ Tuna or Egg V All American Sub	7 Hot Roast Beef Sandwich Entrée Salad Selection Buffalo Chicken Basket Popeye's Favorite V Wrap It Up Selection Turkey Ranch Chicken Ranch	8 Chicken Patty Sandwich Entrée Salad Selection Turkey Chef Ham Chef Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V
11 Philly Cheese Steak or French Dip Entrée Salad Selection Chicken Caesar Chicken Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V	12 Chicken Fajita or Cheese Quesadilla V Entrée Salad Selection Orange Chicken Buffalo Chicken Wrap It Up Selection Chicken Fajita Lettuce Chicken Ranch Ham Ranch	13 Spaghetti Marinara V S Meatballs or Meat Sauce Italian Flat Bread Entrée Salad Selection Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin Lunchbox Sandwich Selection Ham/ Turkey/ Tuna or Egg V All American Sub	14 Chicken Strips Dinner Roll Entrée Salad Selection Buffalo Chicken Basket Popeye's Favorite V Wrap It Up Selection Turkey Ranch Chicken Ranch 	15 IN HONOR OF M.L. KING Southern Style Chicken w/ Biscuit Collard Greens or Sweet Potatoes Peach Crisp Entrée Salad Selection Turkey Chef Ham Chef Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V
18 Martin Luther King, Jr Holiday NO SCHOOL M.L.K. DAY 	19 Macho Nachos V Entrée Salad Selection Orange Chicken Buffalo Chicken Wrap It Up Selection Chicken Fajita Lettuce Chicken Ranch Ham Ranch	20 Chicken Ala King Mashed Potatoes Biscuit Entrée Salad Selection Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin Lunchbox Sandwich Selection Ham/ Turkey/ Tuna or Egg V All American Sub	21 Hamburger Deluxe Entrée Salad Selection Buffalo Chicken Basket Popeye's Favorite V Wrap It Up Selection Turkey Ranch Chicken Ranch	22 Mac & Cheese V or Fish Sticks Dinner Roll Entrée Salad Selection Turkey Chef Ham Chef Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V
25 Chicken Nuggets Dinner Roll Entrée Salad Selection Chicken Caesar Chicken Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V	26 Mini Ravioli or Spaghetti Marinara V S Italian Flat Bread Entrée Salad Selection Orange Chicken Buffalo Chicken Wrap It Up Selection Chicken Fajita Lettuce Chicken Ranch Ham Ranch	27 Pig in a Blanket Entrée Salad Selection Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin Lunchbox Sandwich Selection Ham/ Turkey/ Tuna or Egg V All American Sub	28 Chicken Quesadilla or Cheese Quesadilla V Entrée Salad Selection Buffalo Chicken Basket Popeye's Favorite V Wrap It Up Selection Turkey Ranch Chicken Ranch	29 BBQ Pork P Entrée Salad Selection Turkey Chef Ham Chef Sandwich Classic Selection Peanut Butter & Jelly V Grilled Cheese V

Look for these veggies:
Fresh veggie patch, garden greens, hash brown patty, mashed potatoes, corn, celery sticks, Tri-colored coleslaw, green beans, and baby carrots.

Can you spy these fruits? Kiwi, apples, grapes, applesauce, pineapple, Mandarin oranges, & fruit cocktail.

V= Vegetarian
P= Pork
S = SuperFood

SEVERAL VARIETIES OF MILK OFFERED WITH EACH MEAL

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>.