

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

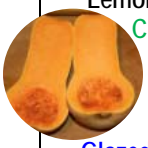
Lunch



Several varieties  
of milk offered  
with each meal

VEGETARIAN  
PORK  
SUPERFOOD

1	2	3	4
Penne & Chicken Garlic Bread Toasted Cheese Sandwich Snack'm Lunch w/Muffin Baby Carrots Sautéed Zucchini Pineapple, Oranges Kiwi, Applesauce	Hot Beef Sandwich Mashed Potatoes & Gravy Dinner Roll Egg Salad Sandwich Buffalo Chicken Salad Garden Greens Mandarin Oranges, Pears, Red Grapes, Honey Dew	Bean Burrito w/Green Chili Sauce Turkey & Cheese Sandwich Yogurt Basket w/Muffin Sweet Peas Calabacitas con Elote Pears, Kiwi, Apples, Pineapple	Chicken Nuggets Garden Chili Corn Bread PBJ Turkey Ham Chef Salad Sweet Potatoes Garden Greens Applesauce, Peaches Tangerines, Green Grapes

7	8	9	10	11
Chicken Caliente w/ Rice & Spanish Beans PBJ Snack'm Lunch w/ Muffin Garden Greens Calabacitas con Elote 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, Honey Dew	 Assessment Day No Classes for Students	<b>Veterans' Day Holiday</b> 

14	15	16	17	18
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 Glazed Butternut Squash Pineapple, Oranges, Kiwi, Applesauce	Pig 'n a Blanket Egg Salad Sandwich Buffalo Chicken Salad Picnic Beans Fresh Veggie Patch Mandarin Oranges, Pears, Red Grapes, Honey Dew	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

21	22	23	24	25
Tacos Vegetarian Tacos Rice Turkey Chef Salad PBJ Spanish Beans Fresh Veggie Patch Peaches, Apples, Green Grapes, Pears	Cheese Ravioli w/Marinara Garlic Bread Turkey & Cheese Sandwich Snack'm Lunch w/Muffin Spinach Salad Green Beans Pineapple, Oranges, Kiwi, Applesauce	<p><i>Thanksgiving Holiday &amp; Vacation</i></p> <p>The special fruit of the month is GRAPEFRUIT. It will be available during the week of Nov. 14-18. Check it out.</p>  		

28	29	30	<p>All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat.</p> <p>DPS menus meet the nutritional requirements of <i>The Healthier US Challenge Gold Standard</i> rating.</p> <p>Menus subject to change.</p> <p>For weekly nutrient values, nutrition/Super Foods/ food service information and links to other informative sites, please visit our website at <a href="http://foodservices.dpsk12.org">http://foodservices.dpsk12.org</a>.</p> 
Nachos Turkey Chef Salad Italian Sub Crispy Corn Fresh Veggie Patch Peaches, Apples, Green Grapes, Pears	Penne & Chicken Garlic Bread Toasted Cheese Sandwich Snack'm Lunch w/Muffin Baby Carrots Sautéed Zucchini Pineapple, Oranges Kiwi, Applesauce	Hot Beef Sandwich Mashed Potatoes & Gravy Dinner Roll Egg Salad Sandwich Buffalo Chicken Salad Garden Greens Mandarin Oranges, Pears, Red Grapes, Honey Dew	



With the holiday season, the rich smell of pumpkin pie comes to mind. Who knew that delicious pumpkin and squash are considered SuperFoods? Rich in carotenoids, fiber, niacin, iron, and potassium, eating pumpkins may help reduce your risk of cancer, heart disease and inflammation. Winter squash and Colorado grown squash is available in the grocery store and in the school cafeteria! Try some new pumpkin and squash recipes at [www.cookinglight.com](http://www.cookinglight.com). (Reference: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews, and the University of Illinois Extension, [urbanext.illinois.edu/veggies/wsquash.cfm](http://urbanext.illinois.edu/veggies/wsquash.cfm)).



Nov. 1-4

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	684.4		634	935		785
Cholesterol	60.6	mg	150	78	mg	150
Fiber	7.7	g	4.5	10.2	g	6.5
Iron	4.7	mg	3.30	5.7	mg	4.23
Calcium	511.6	mg	267.00	583.5	mg	370.45
Vitamin A	3452	iu	1000	4082	iu	1426
Vitamin C	51	mg	15.00	72	mg	17.42
Total Fat	23.4	%	<30%	27.9	%	<30%
Saturated Fat	9	%	<10%	7.9	%	<10%

Nov. 7-9

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	705		634	852		785
Cholesterol	65.3	mg	150	81	mg	150
Fiber	8.3	g	4.5	8.7	g	6.5
Iron	4.3	mg	3.30	5.2	mg	4.23
Calcium	438	mg	267.00	555	mg	370.45
Vitamin A	3339	iu	1000	3303	iu	1426
Vitamin C	47	mg	15.00	55	mg	17.42
Total Fat	27.7	%	<30%	28.6	%	<30%
Saturated Fat	7.5	%	<10%	8.0	%	<10%

Nov. 14-18

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	675		634	935		785
Cholesterol	72	mg	150	78	mg	150
Fiber	7	g	4.5	10.2	g	6.5
Iron	4.4	mg	3.30	5.7	mg	4.23
Calcium	519	mg	267.00	583	mg	370.45
Vitamin A	2793	iu	1000	4082	iu	1426
Vitamin C	44.4	mg	15.00	72	mg	17.42
Total Fat	24.4	%	<30%	27.9	%	<30%
Saturated Fat	8.9	%	<10%	7.9	%	<10%

Nov. 21-30

Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	655		634	924		785
Cholesterol	65	mg	150	74	mg	150
Fiber	6.9	g	4.5	10.4	g	6.5
Iron	5.1	mg	3.30	5.7	mg	4.23
Calcium	531	mg	267.00	552	mg	370.45
Vitamin A	2443	iu	1000	4023	iu	1426
Vitamin C	43	mg	15.00	78	mg	17.42
Total Fat	24.6	%	<30%	27.6	%	<30%
Saturated Fat	9.2	%	<10%	7.4	%	<10%

# NUTRITION FACTS November 2011



Nov. Breakfast

Nutrient	Average		Target
Calories	554		554
Cholesterol	53.6	mg	75
Fiber	4.9	g	4.00
Iron	3.8	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%