

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cereal or Hot Oatmeal
Homemade Toast
Pancakes
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

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>.



1
BBQ Chicken w/
Honey Glazed Oatmeal Roll
Mac & Cheese
Yogurt Basket w/
Muffin
Potato Salad
Fresh Veggie Patch
Watermelon, Fresh Peach,
Green Grapes, Honey Dew

2
Pizza
Cheese or Pepperoni
Turkey Ham Chef Salad
Tuna Sandwich
Garden Greens
Tomatoes & Cucumbers
Watermelon, Apples
Green Grapes, Cantaloupe

5 Labor Day Holiday
No School

6
Penne & Chicken
Garlic Bread
Toasted Cheese Sandwich
Snack'm Lunch w/Muffin
Spinach Salad
Green Beans
Plum, Kiwi,
Watermelon, Oranges

7
Meat Loaf w/
Mashed Potatoes w/Gravy
Dinner Roll
Buffalo Chicken Salad
Egg Salad Sandwich
Garden Greens
Strawberries, Honey Dew,
Apples, Oranges

8
Bean Burrito
w/Green Chili Sauce
Turkey & Cheese Sandwich
Yogurt Basket w/Muffin
Sweet Peas
Baby Carrots
Strawberries, Cantaloupe,
Fresh Peach, Grapes

9
Chicken Nuggets
Garden Chili
Corn Bread
PBJ
Turkey Ham Chef Salad
Sweet Potatoes
Garden Greens
Watermelon, Plum,
Strawberries, Kiwi

12
Chicken Caliente w/
Rice & Spanish Beans
PBJ
Snack'm Lunch w/
Muffin
Garden Green
Watermelon, Fresh Peach,
Green Grapes, Honey Dew

13
Grilled Chicken Sandwich
Turkey Ham Chef Salad
Toasted Cheese Sandwich
Sweet Potato Strips
Fresh Veggie Patch
Kiwi, Oranges,
Strawberries, Grapes

14 Colorado Proud Day
Spaghetti w/Marinara
Spaghetti w/ Meat Sauce
Garlic Bread
Chili Relleño Quiche
Buffalo Chicken
Salad
Green Beans
Cucumber & Tomato Salad
Honey Dew, Fresh Peach,
Cantaloupe, Watermelon

15
Chili
Garden Chili
w/ Cinnamon Roll
Italian Sub
Turkey Chef Salad
Steamed Broccoli
Fresh Veggie Patch
Strawberries, Oranges
Honey Dew, Apples

16 Assessment Day
No School for Students

Be adventurous; try *Passion Fruit*
It will be on the menu Sept 5-9.
The seeds and orange pulp are edible. It is low in calories but high in vitamins A & C & fiber!

19 Professional Day
No School for Students

20
Lemon Roasted Chicken
Cheesy Baked Spud
Dinner Roll
Toasted Cheese Sandwich
Turkey Chef Salad
Sweet Peas
Spinach Salad
Kiwi, Watermelon,
Oranges, Plums

21
Nachos
Egg Salad Sandwich
Buffalo Chicken Salad
Spanish Beans
Fresh Veggie Patch
Honey Dew, Apples,
Cantaloupe, Strawberries

22
Orange Chicken w/
Brown Rice
Mac & Cheese
Yogurt Basket w/
Muffin
Steamed Broccoli
Garden Greens
Green Grapes, Watermelon,
Fresh Peach, Kiwi

23
Hamburger Deluxe
Turkey Ham Chef Salad
Toasted Cheese Sandwich
Sweet Potato Strips
Cucumber Coins
Watermelon, Plum,
Strawberries,
Cantaloupe

26
Tacos
Vegetarian Tacos
Rice
Turkey Chef Salad
PBJ
Spanish Beans
Fresh Veggie Patch
Fresh Peach, Red Grapes,
Honey Dew, Cantaloupe

27
Cheese Ravioli w/Marinara
Garlic Bread
Turkey & Cheese Sandwich
Snack'm Lunch w/Muffin
Spinach Salad
Green Beans
Plum, Kiwi,
Watermelon, Oranges

28
Sloppy Joe
Rice & Beans
Italian Sub
Buffalo Chicken Salad
Mixed Vegetables
Cole Slaw
Strawberries, Green Grapes,
Cantaloupe, Fresh Peach

29
BBQ Chicken w/
Honey Glazed Oatmeal Roll
Mac & Cheese
Yogurt Basket w/
Muffin
Potato Salad
Fresh Veggie Patch
Watermelon, Fresh Peach
Green Grapes, Honey Dew

30
Pizza
Cheese or Pepperoni
Turkey Ham Chef Salad
Tuna Sandwich
Garden Greens
Tomatoes & Cucumbers
Watermelon, Apples
Green Grapes, Cantaloupe

Colorado melon is now in season and on the school menu! Cantaloupe and watermelon have been grown in Colorado since the late 1800's. In fact, Colorado melons were so popular that in the 1880's, Rocky Ford, CO claimed the title "Melon Capital of the World." Watermelon, cantaloupe, and honeydew melon are the SuperFoods of the month because they are high in Vitamin C, which helps heal cuts, AND Vitamin A which is good for your eyes. (References: www.coloradohistory.org, www.nal.usda.gov/fnic/foodcomp/search).

Looking for exercise? Ride bikes as a family. Need a bike? Ride for free by visiting the Park Hill Bike Depot. Contact <http://thebikedepot.org>

Check out the marvelous *MEAT LOAF*, a new menu item. Made with natural *Colorado beef*, herbs & spices, it is a comfort food all will enjoy. On the vegetarian side, try the *GARDEN CHILI* made with these fresh vegetables: tomatoes, zucchini, green peppers, celery, onions, carrots and *Colorado pinto beans* flavored with oregano, cumin & chili powder then topped with mild cheddar cheese. Yum!

Our calorie targets are based on the USDA proposed regulations. The sodium target is established by the Colorado Department of Education, Nutrition Unit. Our scratch cooking initiative has helped us lower sodium 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.

NUTRITION FACTS Sept. 6-30 2011

Sept. 6-9						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	673.5		550-700	791		750-850
Cholesterol	68.6	mg	150	62.5	mg	150
Fiber	7.5	g	4.5	8.4	g	6.5
Iron	3.8	mg	3.30	4.7	mg	4.23
Calcium	542.9	mg	267.00	524.7	mg	370.45
Vitamin A	4430.9	iu	1000	3363.7	iu	1426
Vitamin C	78.8	mg	15.00	62.2	mg	17.42
Total Fat	24.9	%	<30%	27.2	%	<30%
Saturated Fat	9.9	%	<10%	7.8	%	<10%

Sept. 12-15						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	677.7		550-700	831.7		750-850
Cholesterol	60.4	mg	150	64.1	mg	150
Fiber	8.8	g	4.5	8.7	g	6.5
Iron	4.1	mg	3.30	5.1	mg	4.23
Calcium	446.6	mg	267.00	572	mg	370.45
Vitamin A	3366.6	iu	1000	3082.5	iu	1426
Vitamin C	62.4	mg	15.00	63.2	mg	17.42
Total Fat	27.4	%	<30%	28.7	%	<30%
Saturated Fat	7.4	%	<10%	8.4	%	<10%

Sept. 20-23						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	677.7		550-700	791.1		750-850
Cholesterol	65.9	mg	150	62.5	mg	150
Fiber	7.2	g	4.5	8.4	g	6.5
Iron	4	mg	3.30	4.7	mg	4.23
Calcium	567.7	mg	267.00	524.7	mg	370.45
Vitamin A	3709.5	iu	1000	3363.7	iu	1426
Vitamin C	69.3	mg	15.00	62.2	mg	17.42
Total Fat	26.6	%	<30%	27.2	%	<30%
Saturated Fat	9.6	%	<10%	7.8	%	<10%

Sept. 26-30						
Elementary Lunch				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	660.4		550-700	821.7		750-850
Cholesterol	65.1	mg	150	65.4	mg	150
Fiber	6.4	g	4.5	8.6	g	6.5
Iron	4.3	mg	3.30	5	mg	4.23
Calcium	525.4	mg	267.00	579.2	mg	370.45
Vitamin A	2975.9	iu	1000	2965.4	iu	1426
Vitamin C	55.8	mg	15.00	70.4	mg	17.42
Total Fat	24.7	%	<30%	28.4	%	<30%
Saturated Fat	8.4	%	<10%	8.5	%	<10%

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
Total Fat	25.5	%	<30%
Saturated Fat	8.4	%	<10%

