

**NOVEMBER 2009 DENVER PUBLIC SCHOOLS ~ Elementary, K-8, and \*\*Middle School**

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

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

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

<b>Cereal &amp; Toast Pancakes/ Syrup PB&amp;J</b>	<b>Cereal &amp; Toast Yogurt Basket Cheese Toast</b>	<b>Cereal &amp; Toast Breakfast Bites P Cinnamon Roll</b>	<b>Cereal &amp; Toast Sunshine Breakfast Biscuit Breakfast Quesadilla w/Salsa</b>	<b>Cereal &amp; Toast Breakfast Pizza P Egg &amp; Toast</b>
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**LUNCH - A great assortment of fresh, frozen, and canned juicy, sweet fruits& colorful, flavorful veggies offered DAILY!**


<b>2</b> Philly Cheese Steak Sandwich  <i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V or Grilled Cheese Sandwich V	<b>3</b> Chicken Fajita or Cheese Quesadilla V  <i>Entrée Salad Selection</i> Orange Chicken Salad Buffalo Chicken Salad <i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap or Chicken Ranch Wrap or Ham Ranch Wrap	<b>4</b> Spaghetti Marinara V or Meatballs or Meat Sauce Italian Flat Bread <i>Entrée Salad Selection</i> Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin <i>Lunchbox Sandwich Selection</i> Ham/ Turkey/ Tuna Or Egg V Sandwich All American Sub	<b>5</b> Chicken Strips Dinner Roll  <i>Entrée Salad Selection</i> Buffalo Chicken Basket Popeye Salad V <i>Wrap It Up Selection</i> Turkey Ranch Wrap or Chicken Ranch Wrap	<b>6</b> Bean & Cheese Burrito V S Green Chili Sauce  <i>Entrée Salad Selection</i> Turkey Chef Salad Ham Chef Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V
<b>9</b> Pizza V  <i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V	<b>10</b> Macho Nachos V  <i>Entrée Salad Selection</i> Orange Chicken Salad Buffalo Chicken Salad <i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap	<b>11</b>  <i>Veterans' Day Holiday</i>	<b>12</b> Hamburger Deluxe  <i>Entrée Salad Selection</i> Buffalo Chicken Basket Popeye Salad V <i>Wrap It Up Selection</i> Turkey Ranch Wrap Chicken Ranch Wrap	<b>13</b> Mac & Cheese V or Fish Sticks Dinner Roll  <i>Entrée Salad Selection</i> Turkey Chef Salad Ham Chef Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V

<b>16</b> Chicken Nuggets Dinner Roll  <i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V	<b>17</b> Mini Beef Ravioli or Spaghetti Mariana V Italian Flat Bread  <i>Entrée Salad Selection</i> Orange Chicken Salad Buffalo Chicken Salad <i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap or Ham Ranch Wrap	<b>18</b> Pig in a Blanket  <i>Entrée Salad Selection</i> Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin <i>Lunchbox Sandwich Selection</i> Ham/ Turkey/ Tuna Or Egg V Sandwich All American Sub	<b>19</b> Chicken Quesadilla or Cheese Quesadilla V  <i>Entrée Salad Selection</i> Buffalo Chicken Basket Popeye Salad V <i>Wrap It Up Selection</i> Turkey Ranch Wrap Chicken Ranch Wrap	<b>20</b> Sloppy Joe or BBQ Pork P  <i>Entrée Salad Selection</i> Turkey Chef Salad Ham Chef Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V
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<b>23</b> Tacos Spanish Rice  <i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V	<b>24</b> Breaded Cheese Sticks V w/Marinara Sauce  <i>Entrée Salad Selection</i> Orange Chicken Salad Buffalo Chicken Salad <i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap Chicken Ranch Wrap Ham Ranch Wrap
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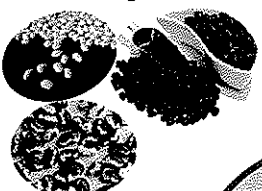
**November 25-27 ~ Thanksgiving Holiday**

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>.  
**SEVERAL VARIETIES OF MILK OFFERED WITH EACH MEAL**



<b>30</b> Philly Cheese Steak Sandwich  <i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad <i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Grilled Cheese Sandwich V
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V= Vegetarian  
P= Pork  
S = SuperFood



**Beans** are the featured SuperFood of the month because they are low in fat, high in fiber, a great source of muscle-building protein and iron, and they are good for your heart! Black beans, navy and pinto beans are featured on the school menu in side dishes like the Spicy Corn Salad, Refried Beans, Picnic Beans and in entrees like the Bean and Cheese Burrito, Fiesta Rice Wrap, Mexicali Salad, and Chili. Encourage your child to try some beans for lunch! (References: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews).

Look for these bean veggies during this month: Spanish, picnic, southwest, ranch & black!

Look for these fruits: Kiwi, apples, orange wedges, grapes, cinnamon pears, rosy applesauce, pineapple, sunny fruit salad. & fruit trio.

Look for these other veggies: Celery sticks, Asian coleslaw, garden greens, broccoli, peas.

Black Jack pizza is offered in our schools on a repeating schedule. Elementary schools receive pizza once each month on the same week and day of the week - i.e. 2<sup>nd</sup> week Tuesday. Middle Schools receive pizza two times a month.