

NOVEMBER 2013

DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH MENUS – K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Pancakes	Daily Breakfast Menu: Cinnamon Roll w/ Scrambled Eggs Yogurt Basket	BREAKFAST Fruits & Juices Cereal Homemade Toast	Breakfast Pizza w/ Turkey Sausage	Biscuit & Sausage or Biscuit & Egg	Cheese Toast Yogurt Basket
Baby Carrots Cabbage Cauliflower Celery Garden Greens Lettuce Onions Peas Spinach	Salad Bar	Apple Wedges Applesauce Grapefruit Green Grapes	Oranges Mandarin Oranges Pineapple Red Grapes	<i>Happy Thanksgiving!</i> All DPS menus meet the USDA nutritional guidelines for major nutrients, including calories, fat and saturated fat.	
LUNCH					

Schools will serve a traditional Thanksgiving meal one day between November 4 and 22. Check with your school for the date and time.				
4	5	6	7	8
Menus subject to last minute changes based on availability. Taco Vegetarian Taco Toasted Cheese Sandwich Spanish Rice Spanish Beans Baby Carrots Sweet Peas	Hot Dog Mac & Cheese PBJ Broccoli Sweet Potato Strips Baby Carrots	Sloppy Joe on Bun Toasted Cheese Sandwich Yogurt Basket Graham Crackers Potato Salad Celery Sticks	Chicken Penne Cheese Quesadilla PBJ Baby Carrots Garden Greens	Stromboli Cheese Pizza PBJ Spinach Salad Green Beans
11	12	13	14	15
 Veterans Day Holiday Fish Tacos Bean Tostada PBJ Black Beans Baby Carrots	Planning & Assessment Day No classes for students. Vegetarian Lasagna Garlic Bread PBJ Garden Greens Baby Carrots	Chicken Nuggets PBJ Yogurt Basket Graham Crackers Sweet Potato Strips Cauliflower	Hay Stacks Nachos PBJ Baby Carrots Green Beans	Spaghetti w/Meat Sauce Spaghetti Marinara PBJ Corn Garden Greens Baby Carrots
18	19	20	21	22
Tacos Vegetarian Taco Spanish Rice Toasted Cheese Sandwich Black Beans Celery Sticks	Spicy Cheesy Chicken Mac Mac & Cheese PBJ Dinner Roll Baby Carrots Garden Greens	Grilled Chicken Sandwich PBJ Yogurt Basket Graham Crackers Potato Strips Baby Carrots	Chicken Quesadilla Cheese Quesadilla PBJ Coleslaw Baby Carrots	Pepperoni Pizza Cheese Pizza PBJ Spinach Salad Peas
25	26	27	28	29
Thanksgiving <div style="border: 1px solid black; padding: 5px; text-align: center;"> Thanksgiving Holiday and Vacation </div>				

Denver Public Schools

Your plate should contain these foods: Dairy, Fruit, Grains, Vegetables, and Protein.



Food & Nutrition Services



Milk or water available at each meal. ~ No pork is used in our recipes; pork served only on sausage and pepperoni BlackJack pizzas. ~ Vegetarian items ~ Weekly nutrient values, nutrition & food safety information and links to other informative sites found on our website at <http://foodservices.dpsk12.org> & Facebook.