

DECEMBER 2012 DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH MENUS – K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
<i>Daily Breakfast Menu:</i> ~ Cereal ~ Hot Oatmeal ~ Homemade Toast ~ Yogurt Basket				
Waffles & Blueberry Syrup Hard Cooked Egg w/Toast	Cinnamon Roll w/ Scrambled Eggs	Breakfast Pizza w/ Turkey Sausage	Breakfast Quesadilla	Sunshine Breakfast Sandwich w/wo Turkey Sausage

FRESH VEGETABLES			FRUITS
Baby Carrots Garden Greens Cucumbers Tri-Colored Cucumbers & Coleslaw Tomatoes Squash			Apple Kiwi Grapefruit Orange Grapes-Red & Green Tangerine Applesauce* Peaches* Pears* Pineapple* <i>*= in canned juice</i>

National Handwashing Week – Dec. 2-8, 2012. Practice the 4 Principles of Hand Awareness to help STOP the spread of these respiratory illnesses and more: the flu, flu-like illness, common cold, conjunctivitis, tonsillitis, bronchitis, pneumonia, TB and more.

LUNCH				
3 Chicken Gumbo/Brown Rice Mac & Cheese V Buffalo Chicken Salad Broccoli Salad Bar	4 Sloppy Joe on Homemade Bun Brown Rice & Beans V Toasted Cheese Sandwich V Salad Bar	5 Chicken & Penne Turkey Chef Salad 1/2 Toasted Cheese Sandwich w/Soup V Salad Bar	6 Lemon Chicken Buffalo Chicken Salad Toasted Cheese Sandwich V w/Soup V Spinach or Glazed Butternut Squash Salad Bar	7 Anniversary of Pearl Harbor Homemade Pizza Cheese V or Turkey Pepperoni Turkey Chef Salad Salad Bar
10 Tacos Bean Tostada V Spanish Rice Turkey Chef Salad Toasted Cheese Sandwich V Calabacitas con Elote/Peas Salad Bar	11 Chicken Curry/ Brown Rice Mac & Cheese V Steamed Broccoli Salad Bar	12 Rancher's Pie Turkey Chef Salad Yogurt Basket V Sweet Corn Salad Bar	13 Chicken or Cheese V Quesadilla Buffalo Chicken Salad Toasted Cheese Sandwich V Spanish Beans Salad Bar	14 Spaghetti w/Meat Sauce Veggie Cacciatore w/Pasta Turkey Chef Salad Italian Green Beans Salad Bar
17 Bean Burrito w/Green Chili V Buffalo Chicken Salad Toasted Cheese Sandwich V Salad Bar	18 Unbreaded Chicken Nuggets Turkey Chef Salad 1/2 Toasted Cheese Sandwich w/Soup V Sweet Potato Strips/ Broccoli Salad Bar	19 Cheeseburger Deluxe Vegetarian Burger Deluxe V Buffalo Chicken Salad Toasted Cheese Sandwich V Salad Bar	20 BBQ Chicken Turkey Chef Salad Toasted Cheese Sandwich V Peas Salad Bar	21 Winter Solstice Day/ World Peace Day Hay Stacks Buffalo Chicken Salad Yogurt Basket V Salad Bar
24	25	26	27	28

Winter Vacation – December 24, 2012 – January 7, 2013

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Bakery
Enjoy our homemade
Bread, Biscuits, Buns
Muffins, Dinner Rolls

ORGANIC Wacky Apple

We are still serving Colorado apples this month. In the past two months, we have offered apples from Talbott Farms in Palisade, CO and Wacky Apples from Hotchkiss, CO. Apples are low in calories and high in goodness. Apples (with the peel) are a great source of soluble fiber, Vitamin C, potassium, and antioxidants which help prevent heart disease, cancer, diabetes, and asthma. The simplest way to enjoy apples is fresh with the skin on, but apples can be added to crisps, hot cereals, salads, breads, muffins, etc.

The 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth – the T zone



Daily Kidz Pleezers!
PBJ Sandwich
Yogurt & Cheese Stick



Featured this month:
Apples Squash
Onions Tortillas
Potatoes Whole Wheat Flour



Denver Public Schools
Food & Nutrition Services



Milk or water available at each meal. ~ Menus subject to change based on availability.
No pork is used in our recipes; pork served only on sausage and pepperoni Black Jack 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.

If you have questions or concerns about our menus or need more detailed information to help meet the needs of your student, please call Jennifer Cook, RD, at 720-423-5605.

December 3-7

December 3-7						
ECE-8				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	612		600-650	784		750-850
Sodium	994		1200	1708		1200
Trans Fat	0	%	0	0	%	0
Saturated Fat	9.1	%	<10%	8.2	%	<10%

December 10-14

December 10-14						
ECE-8				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	616		600-650	783		750-850
Sodium	858		1200	1725		1200
0	0	%	0	0	%	0
Saturated Fat	8	%	<10%	7.8	%	<10%

December 17-21

December 17-21						
ECE-8				Secondary Lunch		
Nutrient	Average		Target	Average		Target
Calories	616		600-650	784		750-850
Sodium	1067	mg	1200	1708	mg	1200
Trans Fat	0	%	0	0	%	0
Saturated Fat	9.2	%	<10%	8.2	%	<10%

December 24-28

December 24-28						
NO SCHOOL—HAPPY HOLIDAYS!						

NUTRITION FACTS December 2012



December Breakfast

December Breakfast			
Nutrient	Average		Target
Calories	512		350-500
Sodium	658.5	mg	600
Trans Fat	0	%	0
Saturated Fat	8.4	%	<10%

This fall, Denver Public Schools' cafeterias are meeting new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (**students must take at least one serving of produce**)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

To meet these new USDA standards, there are limits on the number of grain and meat portions that can be served to students. You will want to encourage your child to take advantage of unlimited portions from our fruit and veggie bars.

Also, as part of the new regulations, we are only asked to meet nutrient standards for calories, saturated fat, trans fat and, eventually, sodium. For this reason, our nutritional information will have a different appearance. Coming soon will be a menu for each school that allows you to scroll over each food item for its nutritional value!