

ELEMENTARY LUNCH MENU

OCTOBER 2017



Food & Nutrition Services
Feeding healthy futures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY ALTERNATE ENTRÉE CHOICES:				
PB & J Sandwich Ham & Cheese Munchable Toasted Cheese Sandwich	Yogurt & Blueberry Muffin Ham Sandwich Turkey & Cheese Sandwich	PB & J Sandwich Ham & Cheese Munchable Toasted Cheese Sandwich	Yogurt & Blueberry Muffin Ham Sandwich Turkey & Cheese Sandwich	PB & J Sandwich Ham & Cheese Munchable Toasted Cheese Sandwich
2 Chicken Nuggets Hummus Bowl Cowboy Bread Southwest Beans Oven Roasted Potatoes	3 Layered Beef Enchiladas Chilaquiles Calabasitas Con Elote Sweet Peas	4 Korean BBQ Chicken w/Asian Style Rice Broccoli & Cheese Baked Potato Pepper Strips Baby Carrots	5 Beef Lasagna Spinach Lasagna Garlic Toast Italian Green Bean Salad Garden Greens	6 BBQ Pizza Cheese Pizza Spinach Salad w/ Mandarin Oranges Celery Sticks
9 Chicken Quesadilla Cheese Quesadilla Fiesta Bean Salad Baby Carrots	10 Hamburger Deluxe Salsa Black Bean Burger Homestyle Potato Salad Celery Sticks	11 Lemon Chicken Chickpea Spinach Salad Garlic Toast Broccoli Cucumber/ Tomato Salad	12 Sloppy Joe on Bun Brown Rice & Beans Sweet Potato Puffs Creamy Coleslaw	13 Turkey Alá King w/Mashed Potatoes Ham Chef Salad w/ Croutons Sweet Corn Cherry Tomatoes
16 Hay Stacks Fiesta Rice Wrap Spanish Beans Cucumber Coins	17 Hot Ham & Cheese Grilled Med Sandwich Southwest Beans Cucumber Coins	18 'Pig' in a Blanket Crunchy Falafel Wrap Creamy Coleslaw Potato Strips	19 Spicy Chicken Mac & Cheese Farmstyle Biscuit Baby Carrots Broccoli	20 Chicken Fajitas Veggie Fajitas Sweet Corn Celery Sticks
23 Ballpark Nachos Buffalo Chicken Salad w/ Dinner Roll Spanish Beans Spicy Cucumbers	24 Cheese Ravioli Garlic Toast Garden Greens Cucumber/Tomato Salad	25 Crispy Tacos Veggie Crispy Tacos Spanish Rice Baby Carrots Spicy Corn Salad	26 DPS PLANNING DAY Orange Chicken w/ Brown Rice Mexican Chopped Salad w/Tortilla Strips Sweet Peas Baby Carrots	27 DPS PLANNING DAY Cheese Pizza Garden Greens Celery Sticks
30 Chicken Nuggets Hummus Bowl Cowboy Bread Southwest Beans Oven Roasted Potatoes	31 Layered Beef Enchiladas Chilaquiles Calabasitas Con Elote Sweet Peas	MILK CHOICES Water & a variety of milk are provided with each meal: - Fat Free White - 1% White - Fat Free Strawberry - Fat Free Chocolate	SALAD BAR An unlimited variety of fresh, canned, and frozen fruits and vegetables are offered daily. Local varieties used when available	

MENU INFORMATION



Scratch Made



Vegetarian



Whole Grain



Contains Pork

For more information please visit: foodservices.dpsk12.org

* Please note, menus are subject to change. This institution is an equal opportunity provider.



JOIN US

We cordially invite your student to have lunch with us.

In Denver Public Schools, we recognize that student health has a direct impact on academic achievement. We believe healthy kids make better students, and better students make healthier communities. That is why we are committed to providing our students with delicious, nutritious and convenient meal options every day.

Our students have daily access to fruit and vegetable bars, vegetarian options and locally-sourced ingredients. Our lunch program is available to all of students, regardless of income.

Research shows, students who eat breakfast at the start of their school day have higher math and reading scores, they focus and behave better and are less likely to be absent. We are proud to serve breakfast, at no charge, to ALL students in Denver Public Schools.

Give us a try today. We would be thrilled to feed your child.

For more information, please visit: foodservices.dpsk12.org/

CHARGE POLICY UPDATE

We are pleased to announce that beginning this year, we will feed every student, every day. That means we will offer every child a complete lunch meal, even if they do not have the means to pay. However, families will still be expected to repay any lunch debt their child accrues. Rules and guidelines for the school lunch program have not changed as a result of this new and exciting decision.

We highly encourage all families to apply for the free- and reduced- lunch assistance program, regardless if you qualify.

To apply, visit: <http://foodservices.dpsk12.org/>

FEATURED ENTRÉE OF THE MONTH

Korean BBQ Chicken



NEW LUNCH ITEMS THIS YEAR

We are excited to announce new lunch entrées for the 2017-18 lunch menu, including:

- Lemon chicken
- Chicken and lime rice burrito
- Vegetarian burger (new recipe)
- Korean BBQ chicken
- Chickpea spinach salad

We will continue to serve a variety of side dishes to accompany these new entrees, including fruits and vegetables.