

**MAY 2008**  
**MONDAY**

**TUESDAY**

**DENVER PUBLIC SCHOOLS ELEMENTARY MENU**  
**WEDNESDAY**      **THURSDAY**      **FRIDAY**

**BREAKFAST IS FREE TO ALL STUDENTS IN SCHOOLS OFFERING A BREAKFAST PROGRAM**

*P* Breakfast Sticks OR  
Yogurt Basket

Waffles OR  
Cheese Quesadilla with Salsa

Breakfast Wrap OR  
*P* Breakfast Pizza

Homemade Cinnamon Roll OR  
Hard Cooked Egg & Toast

Sunshine Breakfast Biscuit OR  
PB&J Uncrustable

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>.



*P* = Pork Items  
*V* = Vegetarian Items  
*S* = SuperFood

**1** *V* Macaroni & Cheese  
Chicken Caesar Salad  
w/Croutons  
All American Sub  
  
*S* Steamed Broccoli  
Apples

**2**  
*Professional Day  
No School  
for Students*

**5** Tacos w/Spanish Rice  
Orange Chicken Salad  
w/Muffin  
*V* Grilled Cheese Sandwich  
  
*Sweet Corn  
Strawberry Fruit Cup*

**6** Hot Ham &  
Cheese Sandwich  
Buffalo Chicken Salad  
w/Dinner Roll  
*V* PBJ Uncrustable  
  
*S Broccoli Trees  
Rosy Applesauce*

**7** Manager's Choice  
Chef Salad w/Crackers  
*V* Bean Burrito w/Green Chili  
  
*Fresh Veggie Patch  
Fruit Trio*

**8** Mini Beef Ravioli  
w/Dinner Roll  
Chicken Caesar Salad  
w/Croutons  
All American Sub  
  
*Garden Greens  
Peach Cup*

**9** *P* Pizza  
*V* Yogurt Basket  
Ham Ranch Wrap  
  
*Garden Greens  
Orange Smiles  
Chocolate Chip Cookie*

**12** Chicken Fajitas  
Orange Chicken Salad  
w/Muffin  
*V* Grilled Cheese Sandwich  
  
*Peas  
Sunny Fruit Salad*

**13** Meatball Sub  
Buffalo Chicken Salad  
w/Dinner Roll  
*V* PBJ Uncrustable  
  
*Mixed Vegetables  
Icy Fruit Treat*

**14** Crispy Chicken Strips  
w/Cherry Sweet Bread  
Chef Salad w/Crackers  
*V* Burrito w/Green Chili  
  
*Potato Patty  
Grapes*

**15** Penne Pasta Bake  
w/Cheesy Bread Stick  
Chicken Caesar Salad  
w/Croutons  
All American Sub  
  
*Green Beans  
Mixed Fruit Cup*

**16** Oven Roasted Chicken  
w/Chicken Infused Rice  
*V* Yogurt Basket  
Turkey Ranch Wrap  
  
*Ranch Style Beans  
Kiwi  
Brownie*

**19** Manager's Choice  
Orange Chicken Salad  
w/Muffin  
*V* Grilled Cheese Sandwich  
  
*S Broccoli, Baby Carrots &  
Cauliflower w/Ranch Dressing  
Cinnamon Pears*

**20** Manager's Choice  
Buffalo Chicken Salad  
w/Dinner Roll  
*V* PBJ Uncrustable  
  
*Corn on the Cob  
Mandarin Oranges*

**21** Manager's Choice  
Chef Salad w/Crackers  
*V* Burrito w/Green Chili  
  
*Tater Tots  
Applesauce Cup*

**22** Manager's Choice  
Chicken Caesar Salad  
w/Croutons  
All American Sub  
  
*Garden Greens  
Fruited Jell-O*

**23** Manager's Choice  
*V* Yogurt Basket  
Ham Ranch Wrap  
  
*Refried Beans  
Orange Smiles*

Manager's Choice  
served May 26<sup>th</sup> ~ 29<sup>th</sup>



Summer Vacation Begins May 30<sup>th</sup>

*The SuperFood of the month is BROCCOLI.* Broccoli is low in calories but is high in a variety of Vitamins (A & C), minerals (calcium, iron) and fiber. A diet rich in cruciferous vegetables, like broccoli, cauliflower, cabbage and Brussels sprouts may help lower a person's risk for cancer.

Head to the playground! Playgrounds and surrounding fields for soccer, Frisbee and baseball are kept open for you to use. Find the closest Learning Landscape to play in near you. Contact Rachel Cleaves (303) 352-3636 or [Rachel.Cleaves@cudenver.edu](mailto:Rachel.Cleaves@cudenver.edu) for more information. Call 720-913-0696 to sign up for Summer Parks and Recreation programs or visit [www.denvergov.org/recreation](http://www.denvergov.org/recreation).