

MAY 2009

DENVER PUBLIC SCHOOL ELEMENTARY MENUS

4/14/09

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
P Breakfast Sticks OR Yogurt Basket		Waffle Sticks OR Cinnamon Roll		P Breakfast Pizza OR Pancakes		Chicken & Biscuit OR PB&J Uncrustable		Breakfast Bites OR Breakfast Cheese Quesadilla	
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<p>All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat. Menus subject to change.</p> <p>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>								<p>No School for Elementary, K-8, or Middle Schools Assessment Day</p>	
						<p>P = Pork Items V = Vegetarian Items S = SuperFood Z = Healthy Salad</p>			
4	5	6	7	8	11	12	13	14	15
Chicken Quesadilla w/Spanish Rice Z Chicken Caesar Salad w/CROUTONS V Yogurt Basket S Spicy Corn Salad Rosy Applesauce	Stuffing Stuffed Turkey Roll Z Buffalo Chicken Salad w/ Multi Grain Crackers V S Bean & Cheese Burrito w/Green Chili Sauce Mashed Potatoes & Gravy Kiwi	Chicken Nuggets All American Sub V Z Popeye's Favorite Salad w/ Multi Grain Crackers Seasoned Potato Sticks Jell-O w/Fruit	Penne Pasta Bake w/ Bread Stick Z Chef Salad w/ Dinner Roll V S Fiesta Rice Wrap S Green Beans Pears	Turkey Pepper Jack Cheese Sandwich V Breaded Cheese Sticks w/Tomato Soup Z Chicken Salad w/Multi Grain Crackers Fresh Veggie Patch Sunny Fruit Salad	Tacos w/ Spanish Rice Z Chicken Caesar Salad w/CROUTONS V Yogurt Basket Sweet Peas Orange Wedges	Breaded Steak Strips w/ Dinner Roll Z Buffalo Chicken Salad w/ Multi Grain Crackers V S Bean & Cheese Burrito w/Green Chili Sauce Mashed Potatoes & Gravy Peach Cup	Chicken Patty Sandwich All American Sub V Z Popeye's Favorite Salad w/ Multi Grain Crackers Potato Patty Apple Wedges	Deli Sandwich Turkey Z Chef Salad w/ Dinner Roll V S Fiesta Rice Wrap Potato Salad Grapes	P Pizza V Breaded Cheese Sticks w/Tomato Soup Z Chicken Salad w/Multi Grain Crackers Steamed Broccoli Pineapple Chunks
18	19	20	21	22	25	26	27	28	29
<i>Manager Choice</i> Z Chicken Caesar Salad w/ Croutons V Yogurt Basket Vegetable Fruit	<i>Manager Choice</i> Z Buffalo Chicken Salad w/ Multi Grain Crackers V S Bean & Cheese Burrito w/Green Chili Sauce Vegetable Fruit	Chicken Strips w/ Honey Glazed Biscuit All American Sub V Z Popeye's Favorite Salad w/ Multi Grain Crackers Tatar Tots Kiwi	Spaghetti w/ Meat Sauce w/ Dinner roll Z Chef Salad w/ Dinner Roll V S Fiesta Rice Wrap Garden Greens Grapes	<i>Manager Choice</i> V Breaded Cheese Sticks w/Tomato Soup Z Chicken Salad w/Multi Grain Crackers Vegetable Fruit	 <p><i>Memorial Day Holiday</i> <i>No School</i></p>	<i>Manager Choice</i>	 <p><i>Manager Choice</i></p>	<i>Manager Choice</i>	<i>Manager Choice</i>

Head to the playground! Playgrounds and surrounding fields for soccer, Frisbee, and baseball are kept open for you to use. Call 303-352-3636 or e-mail Rachel.Cleaves@cudenver.edu to find out about Learning Landscapes. Register for summer programs by calling 720-913-0696 or visit www.denvergov.org/recreation.

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!

