

**Middle Schools follow this menu with additional choices available determined by the on-site lunchroom manager.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal & Toast Waffles/ Syrup <i>or</i> PB&J Fruit/Juice Milk Selection	Cereal & Toast Yogurt Basket <i>or</i> Cheese Toast Fruit/Juice Milk Selection	Cereal & Toast Breakfast Wrap <i>or</i> Cinnamon Roll Fruit/Juice Milk Selection	Cereal & Toast Sunshine Breakfast Biscuit <i>or</i> Breakfast Quesadilla w/ Salsa Fruit/Juice Milk Selection	Cereal & Toast Breakfast Pizza P <i>or</i> Egg & Toast Fruit/Juice Milk Selection
<p>Flex menus arrived last month. This feature allows a lunchroom manager to choose foods to match their students' preferences. <i>Not ALL items on our menus will be served at ALL schools each day.</i></p> <p>Black Jack pizza is offered in our schools on a repeating schedule. Elementary schools receive pizza once each month on the same week and day of the week – i.e. 2nd week Tuesday. Middle Schools receive pizza two times a month.</p>			<p>1</p> <p>Hot Roast Beef Sandwich</p> <p><i>Entrée Salad Selection</i> Buffalo Chicken Salad <i>or</i> Egg & Cheese Chef Salad V</p> <p><i>Wrap It Up Selection</i> Turkey Ranch Wrap <i>or</i> Chicken Ranch Wrap</p>	
			<p>2</p> <p>Chicken Patty Sandwich</p> <p><i>Entrée Salad Selection</i> Turkey Chef Salad <i>or</i> Ham Chef Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V <i>or</i> Toasted Cheese Sandwich V</p>	
<p>5</p> <p>Philly Cheese Steak Sandwich</p> <p><i>Entrée Salad Selection</i> Chicken Caesar Salad <i>or</i> Chicken Salad <i>or</i> <i>or</i> Mexicali Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V <i>or</i> Toasted Cheese Sandwich V</p>			<p>6</p> <p>Chicken Fajita <i>or</i> Cheese Quesadilla V</p> <p><i>Entrée Salad Selection</i> Orange Chicken Salad <i>or</i> Buffalo Chicken Salad</p> <p><i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap <i>or</i> Chicken Ranch Wrap <i>or</i> Ham Ranch Wrap</p>	
<p>12</p> <p>Pizza V</p> <p><i>Entrée Salad Selection</i> Chicken Caesar Salad <i>or</i> Chicken Salad <i>or</i> Mexicali Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V <i>or</i> Toasted Cheese Sandwich V</p>			<p>7</p> <p>Spaghetti Marinara V <i>or</i> Meatballs <i>or</i> Meat Sauce Garlic Flat Bread</p> <p><i>Entrée Salad Selection</i> Yogurt Basket V w/ Graham Crackers <i>or</i> Snack'em Lunch V w/ Muffin</p> <p><i>Lunchbox Sandwich Selection</i> Ham/ Turkey/ Tuna Or Egg V Sandwich All American Sub</p>	
<p>19</p> <p>Chicken Nuggets Dinner Roll</p> <p><i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad Mexicali Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Toasted Cheese Sandwich V</p>			<p>8</p> <p>Chicken Strips Dinner Roll</p> <p><i>Entrée Salad Selection</i> Buffalo Chicken Salad <i>or</i> Egg & Cheese Chef Salad V</p> <p><i>Wrap It Up Selection</i> Turkey Ranch Wrap <i>or</i> Chicken Ranch Wrap</p>	
<p>26</p> <p>Tacos Spanish Rice</p> <p><i>Entrée Salad Selection</i> Chicken Caesar Salad Chicken Salad Mexicali Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V Toasted Cheese Sandwich V</p>			<p>13</p> <p>Macho Nachos V</p> <p><i>Entrée Salad Selection</i> Orange Chicken Salad <i>or</i> Buffalo Chicken Salad</p> <p><i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap <i>or</i> Chicken Ranch Wrap <i>or</i> Ham Ranch Wrap</p>	
<p>27</p> <p>Pizza V</p> <p><i>Entrée Salad Selection</i> Orange Chicken Salad <i>or</i> Buffalo Chicken Salad</p> <p><i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap <i>or</i> Chicken Ranch Wrap <i>or</i> Ham Ranch Wrap</p>			<p>14</p> <p>Roasted Chicken <i>or</i> Lemon Roasted Chicken <i>or</i> BBQ Roasted Chicken</p> <p><i>Entrée Salad Selection</i> Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin</p> <p><i>Lunchbox Sandwich Selection</i> Ham/ Turkey/ Tuna Or Egg V Sandwich All American Sub</p>	
<p>20</p> <p>Mini Beef Ravioli Garlic Flat Bread</p> <p><i>Entrée Salad Selection</i> Orange Chicken Salad <i>or</i> Buffalo Chicken Salad</p> <p><i>Wrap It Up Selection</i> Chicken Fajita Lettuce Wrap <i>or</i> Chicken Ranch Wrap <i>or</i> Ham Ranch Wrap</p>			<p>15</p> <p>Hamburger Deluxe</p> <p><i>Entrée Salad Selection</i> Buffalo Chicken Salad <i>or</i> Egg & Cheese Chef Salad V</p> <p><i>Wrap It Up Selection</i> Turkey Ranch Wrap <i>or</i> Chicken Ranch Wrap</p>	
<p>21</p> <p>Pig in a Blanket</p> <p><i>Entrée Salad Selection</i> Yogurt Basket V w/ Graham Crackers Snack'em Lunch V w/ Muffin</p> <p><i>Lunchbox Sandwich Selection</i> Ham/ Turkey/ Tuna Or Egg V Sandwich All American Sub</p>			<p>16</p> <p>Mac & Cheese V</p> <p><i>Entrée Salad Selection</i> Turkey Chef Salad <i>or</i> Ham Chef Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V <i>or</i> Toasted Cheese Sandwich V Cookie</p>	
<p>22</p> <p>Chicken Quesadilla <i>or</i> Cheese Quesadilla V</p> <p><i>Entrée Salad Selection</i> Buffalo Chicken Salad <i>or</i> Egg & Cheese Chef Salad V</p> <p><i>Wrap It Up Selection</i> Turkey Ranch Wrap <i>or</i> Chicken Ranch Wrap</p>			<p>23</p> <p>Sloppy Joe <i>or</i> Pulled Pork P</p> <p><i>Entrée Salad Selection</i> Turkey Chef Salad <i>or</i> Ham Chef Salad</p> <p><i>Sandwich Classic Selection</i> Peanut Butter & Jelly V <i>or</i> Toasted Cheese Sandwich V</p>	

V= Vegetarian
P= Pork



FALL BREAK ~ October 28-30, 2009

An apple a day keeps the doctor away - if you eat the apple with the peel, that is! Two-thirds of the fiber and half the antioxidants are found in the peel. If you remove the peel, you lose these benefits! Eat the whole apple and encourage your family to do the same! 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. Subjects in one study who added an apple a day to their diet lowered their cholesterol levels 8-11%. The simplest way to enjoy apples is fresh with the skin on, but apples can be added to hot cereals, salads, breads, muffins, etc. (Reference: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews).

We offer a great assortment of fresh, frozen and canned juicy, sweet fruits & colorful, flavorful veggies DAILY!



Look for these during the month
Apples, grapes, pears, cantaloupe, watermelon, peaches, applesauce, pineapple, & mandarin oranges.
Sweet potato fries, green beans, corn, various 'taters (tots, fries, mashed), broccoli, mixed vegetables, peas.



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>. SEVERAL VARIETIES OF MILK OFFERED WITH EACH MEAL