



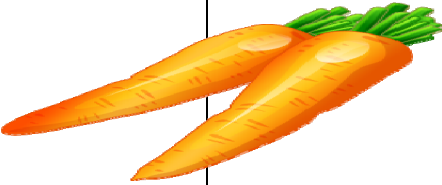




# Colorado Springs District 11 Food & Nutrition Services Menu Cesar Chavez Lunch November 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CHEESE BREADSTICKS W/PIZZA SAUCE BAKED CHIPS	<b>3</b> TURKEY & CHEESE SANDWICH MUSTARD/MAYO GRAHAM CRACKERS	<b>4</b> CHICKEN NUGGETS W/BBQ SAUCE STRING CHEESE	<b>5</b> TACO SALAD W/SALSA GRAHAM CRACKERS	<b>6</b> COUNTRY FRIED STEAK W/MASHED POTATO & GRAVY SUGAR COOKIE
<b>9</b> PRETZEL W/CHEESE BAKED CHIPS GRAHAM CRACKERS	<b>10</b> SUB SANDWICH MUSTARD/MAYO GRAHAM CRACKERS	<b>11</b> NO SCHOOL 	<b>12</b> CORN DOG YOGURT GRAHAM CRACKERS	<b>13</b> HAMBURGER OR CHEESEBURGER W/KETCHUP & MUSTARD RICE KRISPIES TREAT BAKED CHIPS
<b>16</b> CHEESE BREADSTICKS W/PIZZA SAUCE BAKED CHIPS	<b>17</b> HAM & CHEESE SANDWICH MUSTARD/MAYO GRAHAM CRACKERS	<b>18</b> REGULAR OR SPICY CHICKEN SANDWICH W/BBQ SAUCE STRING CHEESE	<b>19</b> SALIBURY STEAK W/MASHED POTATO YOGURT GRAHAM CRACKERS	<b>20</b> BURRITO W/TACO SAUCE CHOCOLATE CHIP COOKIE
<b>23</b> CHICKEN NUGGETS W/BBQ SAUCE BAKED CHIPS GRAHAM CRACKERS	<b>24</b> SUB SANDWICH MUSTARD/MAYO GRAHAM CRACKERS	<b>25</b> NO SCHOOL 	<b>26</b> NO SCHOOL 	<b>27</b> NO SCHOOL 
<b>30</b> CHEESE BREADSTICKS W/PIZZA SAUCE BAKED CHIPS			<b>HARVEST OF THE            MONTH: CARROTS</b>	Have a "compliment" or a "concern" that you would like to voice to the Director of Food & Nutrition Services? You may contact Rick Hughes by telephone at (719) 520-2924, by email at hughersh@D11.org, or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/            rantsandraves.htm</a>

## FRUIT, FRESH VEGETABLES AND MILK SERVED DAILY.

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, disability, political beliefs, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternate means for communication of program information (Braille, large print, audio tape, etc.) should contact the USDA TARGET Center at (202) 720-2600 (voice and DD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity employer.