









**Colorado Springs District 11,  
Food & Nutrition Services Menu  
Colorado Springs Charter Academy Lunch  
November 2009**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
<p><b>2</b></p> PRETZEL W/CHEESE NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES WALDORF SALAD PEACHES	<p><b>3</b></p> DICED TURKEY W/MASHED POTATO W/POULTRY GRAVY BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE <b>COOKIE TREAT</b> <b>VOTE &amp; BE HEARD DAY</b>	<p><b>4</b></p> MEAT BALL SUB (REG & BBQ) CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES AMBROSIA SALAD PINEAPPLE	<p><b>5</b></p> MACARONI & CHEESE DINNER ROLL BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES MACARONI SALAD PEARS	<p><b>6</b></p> CHICKEN FAJITA REFRIED BEANS NACHOS W/CHILI & CHEESE PEPPERONI OR VEGETARIAN PIZZA TURKEY SUB OR WRAP GARDEN SALAD TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL	<p><b>11/2/2009-11/8/2009</b></p> Calories 838 Cholesterol 56 mg Sodium 1898 mg Fiber 10.4 g Iron 5.2 mg Calcium 550.1 mg Vitamin A 9287 IU Vitamin C 29.8 mg Protein 32.5 g Carbs 118.6 g Total Fat 30.0 % Sat Fat 9.2 %
<p><b>9</b></p> CHEESE BREADSTICKS W/PIZZA SAUCE NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES COLESLAW PEACHES	<p><b>10</b></p> PASTA W/MEATSAUCE GARLIC BREADSTICK BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES <b>CARROT RAISIN SALAD</b> APPLESAUCE	<p><b>11</b></p> <p align="center"><b>NO SCHOOL</b></p> 	<p><b>12</b></p> COUNTRY FRIED STEAK MASHED POTATO W/GRAVY BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES RAINBOW PASTA SALAD PEARS	<p><b>13</b></p> PIG IN A BLANKET NACHOS W/CHILI & CHEESE PEPPERONI OR VEGETARIAN PIZZA TURKEY SUB OR WRAP GARDEN SALAD TATER TOTS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL RICE KRISPIE TREAT	<p><b>11/9/2009-11/19/2009</b></p> Calories 833 Cholesterol 54 mg Sodium 1941 mg Fiber 10.3 g Iron 5.5 g Calcium 560.4 mg Vitamin A 1119 IU Vitamin C 4 mg Protein 34.2 g Carbs 131.8 g Total Fat 28.4 % Sat Fat 8.6 %
<p><b>16</b></p> GRILLED CHEESE SANDWICH W/TOMATO SOUP NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES WALDORF SALAD PEACHES	<p><b>17</b></p> CHICKEN PATTY MASHED POTATO W/POULTRY GRAVY BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE	<p><b>18</b></p> PANCAKE BAR W/SAUSAGE CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES AMBROSIA SALAD PINEAPPLE	<p><b>19</b></p> <u>THANKSGIVING MEAL</u> TURKEY W/MASHED POTATO & POULTRY GRAVY STUFFING DINNER ROLL <b>COOKED SLICED CARROTS</b> CRANBERRY SAUCE PUMPKIN CAKE W/WHIPPIED TOPPING CHEESE PIZZA LEAFY GREENS CELERY STICKS/PEARS	<p><b>20</b></p> BEEF CRISPITO REFRIED BEANS NACHOS W/CHILI & CHEESE PEPPERONI OR VEGETARIAN PIZZA TURKEY SUB OR WRAP GARDEN SALAD TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL	<p><b>11/16/2009-11/20/2009</b></p> Calories 856 Cholesterol 58 mg Sodium 1952 mg Fiber 10.1 g Iron 5.3 mg Calcium 553.6 mg Vitamin A 7942 IU Vitamin C 30.2 mg Protein 33.3 g Carbs 123.2 g Total Fat 28.8 % Sat Fat 8.5 %
<p><b>23</b></p> CHILI DOG W/CHEESE NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES COLESLAW PEACHES	<p><b>24</b></p> SALISBURY STEAK MASHED POTATO W/GRAVY BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES <b>LEMON JELLO</b> <b>W/SHREDDED CARROTS</b> APPLESAUCE	<p><b>25</b></p> <p align="center"><b>NO SCHOOL</b></p> 	<p><b>26</b></p> <p align="center"><b>NO SCHOOL</b></p> 	<p><b>27</b></p> <p align="center"><b>NO SCHOOL</b></p> 	<p><b>11/23/2009-11/27/2009</b></p> Calories 823 Cholesterol 59 mg Sodium 1844 mg Fiber 9.9 g Iron 5.1 mg Calcium 550.1 mg Vitamin A 8726 IU Vitamin C 32.0 mg Protein 31.6 g Carbs 113.9 g Total Fat 31.0 % Sat Fat 9.1 %
<p><b>30</b></p> CORN DOG NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES WALDORF SALAD PEACHES			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 <a href="mailto:hugherr@D11.org">hugherr@D11.org</a> , or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/            rantsandraves.htm</a>	<p><b>HARVEST OF THE MONTH: CARROTS</b></p>	<p><b>11/30/2009</b></p> Calories 833 Cholesterol 69 mg Sodium 1968 mg Fiber 9.5 g Iron 5.9 mg Calcium 509.5 mg Vitamin A 7222 IU Vitamin C 23.8 mg Protein 31.6 g Carbs 111.1 g Total Fat 33.2 % Sat Fat 9.3 %

**Leafy Greens, Carrot & Celery Sticks, Fresh Fruit & Milk Offered Daily.  
Hamburger Or Cheeseburger Offered Daily.  
Chicken Nuggets Offered Monday, Wednesday & Friday.  
Spicy Chicken Sandwich Offered Tuesday & Thursday.**

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