



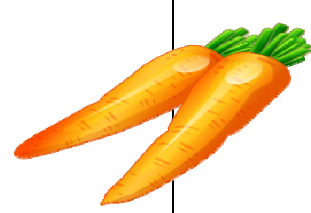
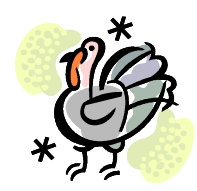




**Colorado Springs District 11,
Food & Nutrition Services Menu
Middle/High School Lunch
November 2009**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
2 PRETZEL W/CHEESE POTATO WEDGES WALDORF SALAD PEACHES CHOCOLATE PUDDING	3 DICED TURKEY W/MASHED POTATO W/POULTRY GRAVY STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE COOKIE TREAT VOTE & BE HEARD DAY	4 MEAT BALL SUB (REG & BBQ) CRINKLE CUT FRIES AMBROSIA SALAD PINEAPPLE	5 MACARONI & CHEESE DINNER ROLL GREEN BEANS POTATO WEDGES MACARONI SALAD PEARS	6 CHICKEN FAJITA REFRIED BEANS TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL RICE KRISPIE TREAT	11/02/2009-11/08/2009 Calories 827 Cholesterol 51 Mg Sodium 1733 Mg Fiber 8.9 G Iron 4.5 Mg Calcium 520.2 Mg Vitamin A 719 IU Vitamin C 30.5 Mg Protein 31.5 G Carbs 121.8 G Total Fat 27.8 % Sat Fat 8.1 %
9 CHEESE BREADSTICKS W/PIZZA SAUCE POTATO WEDGES COLESLAW PEACHES	10 PASTA W/MEATSAUCE GARLIC BREADSTICK STRAIGHT CUT FRIES CARROT RAISIN SALAD APPLESAUCE	11 NO SCHOOL 	12 COUNTRY FRIED STEAK MASHED POTATO W/GRAVY DINNER ROLL MIXED VEGETABLES POTATO WEDGES RAINBOW PASTA SALAD PEARS	13 PIG IN A BLANKET TATER TOTS BAKED BEANS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL RICE KRISPIE TREAT	11/9/2009-11/13/2009 Calories 826 Cholesterol 52 Mg Sodium 1775 Mg Fiber 9.7 G Iron 5.1 Mg Calcium 490.2 Mg Vitamin A 1090 IU Vitamin C 31.8 Mg Protein 31.6 G Carbs 120.4 G Total Fat 28.0 % Sat Fat 7.7 %
16 GRILLED CHEESE SANDWICH W/TOMATO SOUP POTATO WEDGES WALDORF SALAD PEACHES	17 CHICKEN PATTY MASHED POTATO W/POULTRY GRAVY STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE VANILLA PUDDING	18 PANCAKE BAR W/SAUSAGE CRINKLE CUT FRIES AMBROSIA SALAD PINEAPPLE	19 <u>THANKSGIVING MEAL</u> TURKEY W/MASHED POTATO & POULTRY GRAVY STUFFING DINNER ROLL COOKED SLICED CARROTS CRANBERRY SAUCE PUMPKIN CAKE W/WHIPPED TOPPING CHEESE PIZZA LEAFY GREENS CELERY STICKS/PEARS	20 BEEF CRISPITO REFRIED BEANS TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL	11/16/2009-11/20/2009 Calories 831 Cholesterol 55 Mg Sodium 1807 Mg Fiber 9.2 G Iron 4.7 Mg Calcium 488.1 Mg Vitamin A 820 IU Vitamin C 38.9 Mg Protein 32.1 G Carbs 121.8 G Total Fat 27.4 % Sat Fat 7.8 %
23 CHILI DOG W/CHEESE POTATO WEDGES COLESLAW PEACHES	24 SALISBURY STEAK MASHED POTATO W/GRAVY CORN STRAIGHT CUT FRIES LEMON JELLO W/SHREDDED CARROTS APPLESAUCE	25 NO SCHOOL 	26 NO SCHOOL 	27 NO SCHOOL 	11/23/2009-11/27/2009 Calories 809 Cholesterol 55 Mg Sodium 1781 Mg Fiber 9.4 G Iron 4.6 Mg Calcium 473.4 Mg Vitamin A 612 IU Vitamin C 35.8 Mg Protein 31.0 G Carbs 118.5 G Total Fat 27.4 % Sat Fat 7.9 %
30 CORN DOG POTATO WEDGES WALDORF SALAD PEACHES			HARVEST OF THE MONTH: CARROTS	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 hugherrh@D11.org, or at http://www.d11.org/fns/rantsandraves.htm	

MENU NOTES "ENTREE OF THE DAY" ONLY. PLEASE REFER TO THE OTHER SIDE FOR A VARIETY OF ADDITIONAL ENTREES OFFERED DAILY.

FOOD & NUTRITION SERVICES IS PROUD TO OFFER NATURALLY PRODUCED (RBST FREE) HORMONE FREE MILK FROM SINTON DAIRY.

Lunch: MS \$2.10 ~ HS \$2.35 ~ Reduced Price \$0.40

You could possibly save hundreds of \$\$ on school lunch and breakfast! Pick up a free & reduced price meal application today and check it out! Applications are available at all school sites.

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