







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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
<b>2</b>  <b>NO SCHOOL</b>  	<b>3</b> DICED TURKEY W/MASHED POTATO W/POULTRY GRAVY CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA ITALIAN PASTA SALAD APPLESAUCE <b>COOKIE TREAT</b> <b>VOTE &amp; BE HEARD DAY</b>	<b>4</b> MEAT BALL SUB (REG & BBQ) SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA AMBROSIA SALAD PINEAPPLE	<b>5</b> MACARONI & CHEESE DINNER ROLL CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA MACARONI SALAD PEARS	<b>6</b>  <b>NO SCHOOL</b>  	<b>11/02/2009-11/08/2009</b> Calories 865 Cholesterol 75 mg Sodium 2017 mg Fiber 9.4 g Iron 4.9 mg Calcium 612.0 mg Vitamin A 1692 IU Vitamin C 33.1 mg Protein 36.2 g Carbs 119.8 g Total Fat 29.7 % Sat Fat 9.6 %
<b>9</b> CHEESE BREADSTICKS W/PIZZA SAUCE TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA COLESLAW PEACHES	<b>10</b> PASTA W/MEATSAUCE GARLIC BREADSTICK CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA <b>CARROT RAISIN SALAD</b> APPLESAUCE	<b>11</b> CHICKEN QUESADILLA SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA JELLO W/FRUIT MANDARIN ORANGES	<b>12</b> COUNTRY FRIED STEAK MASHED POTATO W/GRAVY CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA RAINBOW PASTA SALAD PEARS	<b>13</b> MANDARIN CHICKEN W/BROWN RICE GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL	<b>11/09/2009-11/13/2009</b> Calories 856 Cholesterol 67 mg Sodium 2039 mg Fiber 10.0 g Iron 5.2 mg Calcium 582.1 mg Vitamin A 2661 IU Vitamin C 43.9 mg Protein 33.7 g Carbs 125.2 g Total Fat 27.8 % Sat Fat 7.8 %
<b>16</b> GRILLED CHEESE SANDWICH W/TOMATO SOUP TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA WALDORF SALAD PEACHES	<b>17</b> CHICKEN PATTY MASHED POTATO W/POULTRY GRAVY CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA ITALIAN PASTA SALAD APPLESAUCE	<b>18</b> PANCAKE BAR W/SAUSAGE SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA AMBROSIA SALAD PINEAPPLE	<b>19</b> <b>THANKSGIVING MEAL</b> TURKEY W/MASHED POTATO & POULTRY GRAVY STUFFING DINNER ROLL <b>COOKED SLICED CARROTS</b> CRANBERRY SAUCE PUMPKIN CAKE W/WHIPPED TOPPING CHEESE PIZZA LEAFY GREENS CELERY STICKS/PEARS	<b>20</b> LASAGNA W/BREADSTICK GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA MARINATED VEGETABLE SALAD FRUIT COCKTAIL	<b>11/16/2009-11/20/2009</b> Calories 865 Cholesterol 70 mg Sodium 2109 mg Fiber 10.5 g Iron 5.2 mg Calcium 572.9 mg Vitamin A 2161 IU Vitamin C 45.1 mg Protein 35.0 g Carbs 125.6 g Total Fat 27.7 % Sat Fat 7.9 %
<b>23</b> ASIAN GLAZED CHICKEN W/BROWN RICE TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA COLESLAW PEACHES	<b>24</b> SALISBURY STEAK MASHED POTATO W/GRAVY CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA <b>LEMON JELLO</b> <b>W/SHREDDED CARROTS</b> APPLESAUCE	<b>25</b>  <b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>26</b>  <b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>27</b>  <b>NO SCHOOL</b>  <b>THANKSGIVING BREAK</b>	<b>11/23/2009-11/27/2009</b> Calories 829 Cholesterol 64 mg Sodium 1854 mg Fiber 10.0 g Iron 4.7 mg Calcium 545.2 mg Vitamin A 1846 IU Vitamin C 43.1 mg Protein 33.5 g Carbs 122.2 g Total Fat 27.5 % Sat Fat 7.7 %
<b>30</b> CORN DOG TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA 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:hughersh@D11.org">hughersh@D11.org</a> , or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/rantsandraves.htm</a>	<b>HARVEST OF THE MONTH: CARROTS</b>	

**Hamburger or Cheeseburger, Spicy Chicken Sandwich, Chicken Tenders,  
Fresh Fruit, Fresh Veggies, Leafy Greens & Milk are offered daily.  
BBQ Rib Sandwich offered M, W, F  
Clux Deluxe Chicken Sandwich offered T, TH.**

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