



**Colorado Springs District 11,  
Food & Nutrition Services Menu  
CIVA Lunch  
October 2009**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Average
<p>Have a "compliment" or a "concern" that you would like to voice to the Director of Food &amp; Nutrition Services? You may contact Rick Hughes by telephone at (719) 520-2924, by email at <a href="mailto:hugherrh@D11.org">hugherrh@D11.org</a>, or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/rantsandraves.htm</a></p>	<p><b>HARVEST OF THE MONTH: SPINACH</b></p>		<p><b>1</b></p> <p>CHEF SALAD/ITALIAN SUB HAMBURGER/CHEESEBURGER PEPPERONI, CHEESE OR SUPREME PIZZA REG/SPICY POPCORN CHICKEN CARROT/CELERY STICKS RAINBOW PASTA SALAD APPLE/ORANGE/BANANA PEARS <b>ICE CREAM BAR COUNT DAY</b></p>	<p><b>2</b></p> <p>GARDEN SALAD HAM WRAP CLUX DELUXE CHICKEN SANDWICH PEPPERONI, CHEESE OR VEGETARIAN PIZZA MANDARIN CHICKEN W/BROWN RICE CARROT/CELERY STICKS VEGETABLE MEDLEY W/RANCH APPLE/ORANGE/BANANA FRUIT COCKTAIL</p>	<p><b>10/01/2009-10/02/2009</b></p> <p>Calories 851 Cholesterol 61 mg Sodium 1970 mg Fiber 8.3 g Iron 4.4 mg Calcium 630.6 mg Vitamin A 1992 IU Vitamin C 33.3 mg Protein 33.2 g Carbs 117.7 g Total Fat 29.8 % Sat Fat 7.7 %</p>
<p><b>5</b></p> <p>TACO SALAD ITALIAN WRAP SPICY CHICKEN SANDWICH CHEESE, PEPPERONI OR MEAT PIZZA CHICKEN PARMESAN SANDWICH CARROT/CELERY STICKS WALDORF SALAD APPLE/ORANGE/BANANA PEACHES</p>	<p><b>6</b></p> <p>CHICKEN CAESAR SALAD TURKEY SUB HAMBURGER/CHEESEBURGER PEPPERONI,CHEESE OR HAWAIIAN PIZZA CHICKEN TENDERS CARROT/CELERY STICKS ITALIAN PASTA SALAD APPLE/ORANGE/BANANA APPLESAUCE</p>	<p><b>7</b></p> <p>SPINACH SALAD AMERICAN WRAP SPICY CHICKEN SANDWICH PEPPERONI, CHEESE OR SAUSAGE PIZZA BBQ RIB SANDWICH CARROT/CELERY STICKS <b>SPINACH DIP</b> APPLE/ORANGE/BANANA PINEAPPLE</p>	<p><b>8</b></p> <p>CHEF SALAD ITALIAN SUB HAMBURGER/CHEESEBURGER PEPPERONI, CHEESE OR SUPREME PIZZA REG/SPICY POPCORN CHICKEN CARROT/CELERY STICKS MACARONI SALAD APPLE/ORANGE/BANANA PEARS</p>	<p><b>9</b></p> <p>GARDEN SALAD HAM WRAP CLUX DELUXE CHICKEN SANDWICH PEPPERONI, CHEESE OR VEGETARIAN PIZZA CRISPITO W/REFRIED BEANS CARROT/CELERY STICKS MARINATED VEGETABLE SALAD APPLE/ORANGE/BANANA FRUIT COCKTAIL RICE KRISPIE TREAT</p>	<p><b>10/05/2009-10/09/2009</b></p> <p>Calories 896 Cholesterol 62 mg Sodium 2346 mg Fiber 8.7 g Iron 4.7 mg Calcium 660.0 mg Vitamin A 2459 IU Vitamin C 31.6 mg Protein 35.1 g Carbs 125.8 g Total Fat 29.1 % Sat Fat 7.6 %</p>
<p><b>12</b></p> <p>TACO SALAD ITALIAN WRAP SPICY CHICKEN SANDWICH CHEESE, PEPPERONI OR MEAT PIZZA <b>VEGETABLE QUESADILLA</b> CARROT/CELERY STICKS COLESLAW APPLE/ORANGE/BANANA PEACHES</p>	<p><b>13</b></p> <p>CHICKEN CAESAR SALAD TURKEY SUB HAMBURGER/CHEESEBURGER PEPPERONI,CHEESE OR HAWAIIAN PIZZA <b>LASAGNA W/BREADSTICK</b> CARROT/CELERY STICKS CUCUMBERS W/RANCH APPLE/ORANGE/BANANA APPLESAUCE</p>	<p><b>14</b></p> <p>SPINACH SALAD AMERICAN WRAP SPICY CHICKEN SANDWICH PEPPERONI, CHEESE OR SAUSAGE PIZZA <b>CHICKEN PARMESAN W/NOODLES</b> CARROT/CELERY STICKS JELLO &amp; FRUIT APPLE/ORANGE/BANANA MANDARIN ORANGES</p>	<p><b>15</b></p> <p>CHEF SALAD ITALIAN SUB HAMBURGER/CHEESEBURGER PEPPERONI, CHEESE OR SUPREME PIZZA <b>CHICKEN VEGETABLE TERIYAKI RICE BOWL</b> CARROT/CELERY STICKS RAINBOW PASTA SALAD APPLE/ORANGE/BANANA PEARS</p>	<p><b>16</b></p> <p align="center"><b>NO SCHOOL TEACHER WORK DAY</b></p>	<p><b>10/12/2009-10/16/2009</b></p> <p>Calories 845 Cholesterol 59 mg Sodium 1842 mg Fiber 8.3 g Iron 4.9 mg Calcium 620.0 mg Vitamin A 1643 IU Vitamin C 38.4 mg Protein 33.8 g Carbs 118.7 g Total Fat 28.6 % Sat Fat 7.3 %</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>					
<p><b>19</b></p> <p>TACO SALAD ITALIAN WRAP SPICY CHICKEN SANDWICH CHEESE, PEPPERONI OR MEAT PIZZA CORN DOG CARROT/CELERY STICKS WALDORF SALAD APPLE/ORANGE/BANANA PEACHES</p>	<p><b>20</b></p> <p>CHICKEN CAESAR SALAD TURKEY SUB HAMBURGER/CHEESEBURGER PEPPERONI,CHEESE OR HAWAIIAN PIZZA CHICKEN TENDERS CARROT/CELERY STICKS ITALIAN PASTA SALAD APPLE/ORANGE/BANANA APPLESAUCE</p>	<p><b>21</b></p> <p>SPINACH SALAD AMERICAN WRAP SPICY CHICKEN SANDWICH PEPPERONI, CHEESE OR SAUSAGE PIZZA PORK FRIED RICE CARROT/CELERY STICKS <b>GREEN APPLE SPINACH SALAD</b> APPLE/ORANGE/BANANA PINEAPPLE</p>	<p><b>22</b></p> <p>CHEF SALAD ITALIAN SUB HAMBURGER/CHEESEBURGER PEPPERONI, CHEESE OR SUPREME PIZZA REG/SPICY POPCORN CHICKEN CARROT/CELERY STICKS MACARONI SALAD APPLE/ORANGE/BANANA PEARS</p>	<p><b>23</b></p> <p>GARDEN SALAD HAM WRAP CLUX DELUXE CHICKEN SANDWICH PEPPERONI, CHEESE OR VEGETARIAN PIZZA BEEFY SPANISH RICE CARROT/CELERY STICKS MARINATED VEGETABLE SALAD APPLE/ORANGE/BANANA FRUIT COCKTAIL <b>SPOOKY BIRTHDAY CAKE</b></p>	<p><b>10/19/2009-10/23/2009</b></p> <p>Calories 864 Cholesterol 59 mg Sodium 2045 mg Fiber 8.7 g Iron 5.1 mg Calcium 611.7 mg Vitamin A 2364 IU Vitamin C 33.23 mg Protein 33.7 g Carbs 120.7 g Total Fat 29.8 % Sat Fat 7.5 %</p>
<p><b>26</b></p> <p>TACO SALAD ITALIAN WRAP SPICY CHICKEN SANDWICH CHEESE, PEPPERONI OR MEAT PIZZA JAMAICAN JERK CHICKEN SANDWICH CARROT/CELERY STICKS COLESLAW APPLE/ORANGE/BANANA PEACHES</p>	<p><b>27</b></p> <p>CHICKEN CAESAR SALAD TURKEY SUB HAMBURGER/CHEESEBURGER PEPPERONI,CHEESE OR HAWAIIAN PIZZA CHICKEN TENDERS CARROT/CELERY STICKS <b>SPINACH CASSEROLE</b> APPLE/ORANGE/BANANA APPLESAUCE</p>	<p><b>28</b></p> <p>SPINACH SALAD AMERICAN WRAP SPICY CHICKEN SANDWICH PEPPERONI, CHEESE OR SAUSAGE PIZZA TERIYAKI CHICKEN W/BROWN RICE CARROT/CELERY STICKS JELLO &amp; FRUIT APPLE/ORANGE/BANANA MANDARIN ORANGES</p>	<p><b>29</b></p> <p align="center"><b>NO SCHOOL PARENT-TEACHER-STUDENT CONFERENCES</b></p>	<p><b>30</b></p> <p align="center"><b>NO SCHOOL PARENT-TEACHER-STUDENT CONFERENCES</b></p>	<p><b>10/26/2009-10/30/2009</b></p> <p>Calories 840 Cholesterol 68 mg Sodium 1944 mg Fiber 8.5 g Iron 4.7 mg Calcium 623.3 mg Vitamin A 2924 IU Vitamin C 33.9 mg Protein 35.6 g Carbs 118.0 g Total Fat 28.3 % Sat Fat 7.6 %</p>

**FOOD & NUTRITION SERVICES IS PROUD TO DAILY 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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