



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



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
<p>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 hugherh@D11.org, or at http://www.d11.org/fns/rantsandraves.htm</p>	<p>HARVEST OF THE MONTH: SPINACH</p>		<p>1 COUNTRY FRIED STEAK MASHED POTATO W/GRAVY BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES RAINBOW PASTA SALAD PEARS ICE CREAM BAR COUNT DAY</p>	<p>2 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</p>	<p>10/01/2009-10/02/2009 Calories 819 Cholesterol 60 mg Sodium 1702 mg Fiber 9.8 g Iron 5.4 mg Calcium 558.9 mg Vitamin A 1923 IU Vitamin C 34.6 mg Protein 32.1 g Carbs 115.1 g Total Fat 29.9 % Sat Fat 9.0 %</p>
<p>5 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>	<p>6 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>	<p>7 PANCAKE BAR W/SAUSAGE CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES SPINACH DIP PINEAPPLE</p>	<p>8 MACARONI & CHEESE W/CHICKEN NUGGETS BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES MACARONI SALAD PEARS</p>	<p>9 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 RICE KRISPIE TREAT</p>	<p>10/05/2009-10/06/2009 Calories 833 Cholesterol 59 mg Sodium 1947 mg Fiber 9.6 g Iron 5.2 mg Calcium 588.1 mg Vitamin A 2070 IU Vitamin C 28.8 mg Protein 32.0 g Carbs 117.4 g Total Fat 29.9 % Sat Fat 9.0 %</p>
<p>12 VEGETABLE QUESADILLA NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES COLESLAW PEACHES NATIONAL SCHOOL LUNCH WEEK</p>	<p>13 LASAGNA W/BREADSTICK BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES CUCUMBERS W/RANCH APPLESAUCE NATIONAL SCHOOL LUNCH WEEK</p>	<p>14 CHICKEN PARMESAN W/NOODLES CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES JELLO AND FRUIT MANDARIN ORANGES NATIONAL SCHOOL LUNCH WEEK</p>	<p>15 CHICKEN & VEGETABLE TERIYAKI RICE BOWL BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES RAINBOW PASTA SALAD PEARS NATIONAL SCHOOL LUNCH WEEK</p>	<p>16 FISH STICKS W/TARTAR SAUCE NACHOS W/CHILI & CHEESE PEPPERONI OR VEGETARIAN PIZZA TURKEY SUB OR WRAP GARDEN SALAD TATER TOTS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL NATIONAL SCHOOL LUNCH WEEK</p>	<p>10/12/2009-10/16/2009 Calories 817 Cholesterol 56 mg Sodium 1753 mg Fiber 10.4 g Iron 5.2 mg Calcium 588.6 mg Vitamin A 2166 IU Vitamin C 37.6 mg Protein 31.6 g Carbs 115.1 g Total Fat 30.0 % Sat Fat 8.5 %</p>
<p>19 CORN DOG NACHOS W/CHILI & CHEESE PEPPERONI OR MEAT MEDLEY PIZZA AMERICAN SUB OR WRAP TACO SALAD POTATO WEDGES WALDORF SALAD PEACHES</p>	<p>20 SOUTHWEST CHICKEN ALFREDO GARLIC BREADSTICK BURRITO CHEESE OR HAWAIIAN PIZZA ITALIAN SUB OR WRAP CHEF SALAD STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE</p>	<p>21 POTATO BAR W/ TOPPINGS CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES GREEN APPLE SPINACH SALAD PINEAPPLE</p>	<p>22 COUNTRY FRIED STEAK MASHED POTATO W/GRAVY BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES MACARONI SALAD PEARS</p>	<p>23 NO SCHOOL PARENT-TEACHER CONFERENCES</p>	<p>10/19/2009-10/23/2009 Calories 816 Cholesterol 56 mg Sodium 1752 mg Fiber 10.5 g Iron 5.8 mg Calcium 549.7 mg Vitamin A 2115 IU Vitamin C 34.7 mg Protein 31.9 g Carbs 116.4 g Total Fat 29.4 % Sat Fat 8.5 %</p>
<p>26 NO SCHOOL FALL BREAK</p>	<p>27 NO SCHOOL FALL BREAK</p>	<p>28 TOSTADA CHILI FRITOS PEPPERONI OR MEXICAN PIZZA AMERICAN SUB OR WRAP CHICKEN CAESAR SALAD CRINKLE CUT FRIES JELLO & FRUIT MANDARIN ORANGES</p>	<p>29 HOT HAM & CHEESE BURRITO CHEESE OR SUPREME PIZZA HAM WRAP OR SUB CHEF SALAD POTATO WEDGES RAINBOW PASTA SALAD PEARS</p>	<p>30 HOT TURKEY SANDWICH W/GRAVY MASHED POTATO NACHOS W/CHILI & CHEESE PEPPERONI OR VEGETARIAN PIZZA TURKEY SUB OR WRAP GARDEN SALAD TATER TOTS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL</p>	<p>10/26/2009-10/30/2009 Calories 823 Cholesterol 58 mg Sodium 1971 mg Fiber 10.1 g Iron 5.2 mg Calcium 579.0 mg Vitamin A 2118 IU Vitamin C 44.7 mg Protein 33.0 g Carbs 119.7 g Total Fat 29.0 % Sat Fat 8.2 %</p>

**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.**

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 TDD). 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.