




**Colorado Springs District 11,  
Food & Nutrition Services Menu  
Middle/High School 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 &amp; Nutrition Services?</p> <p>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>COUNTRY FRIED STEAK MASHED POTATO W/GRAVY DINNER ROLL MIXED VEGETABLES POTATO WEDGES RAINBOW PASTA SALAD PEARS ICE CREAM BAR</p> <p align="center"><b>COUNT DAY</b></p>	<p>PIG IN A BLANKET TATER TOTS BAKED BEANS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL BROWNIE</p>	<p><b>10/01/2009-10/02/2009</b></p> <p>Calories 949 Cholesterol 72 mg Sodium 1955 mg Fiber 10.6 g Iron 6.0 mg Calcium 519.3 mg Vitamin A 3503 IU Vitamin C 32.0 mg Protein 34.5 g Carbs 137.2 g Total Fat 29.6 % Sat Fat 9.1 %</p>
<p>6 GRILLED CHEESE SANDWICH W/TOMATO SOUP POTATO WEDGES WALDORF SALAD PEACHES</p>	<p>8 CHICKEN PATTY MASHED POTATO W/POULTY GRAVY STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE VANILLA PUDDING</p>	<p>7 PANCAKE BAR W/SAUSAGE CRINKLE CUT FRIES SPINACH DIP PINEAPPLE</p>	<p>8 MACARONI &amp; CHEESE W/CHICKEN NUGGETS POTATO WEDGES MACARONI SALAD PEARS</p>	<p>9 BEEF CRISPITO REFRIED BEANS TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL RICE KRISPIE TREAT</p>	<p><b>10/06/2009-10/09/2009</b></p> <p>Calories 846 Cholesterol 54 mg Sodium 2064 mg Fiber 9.4 g Iron 4.8 mg Calcium 539.3 mg Vitamin A 1174 IU Vitamin C 35.5 mg Protein 31.3 g Carbs 122.3 g Total Fat 28.9 % Sat Fat 7.9 %</p>
<p>12 VEGETABLE QUESADILLA POTATO WEDGES COLESLAW PEACHES</p> <p align="center"><b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p>13 LASAGNA W/BREADSTICK STRAIGHT CUT FRIES CUCUMBERS W/RANCH APPLESAUCE</p> <p align="center"><b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p>14 CHICKEN PARMESAN W/NOODLES CRINKLE CUT FRIES JELLO AND FRUIT MANDARIN ORANGES</p> <p align="center"><b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p>15 CHICKEN &amp; VEGGIE TERIYAKI RICE BOWL POTATO WEDGES RAINBOW PASTA SALAD PEARS</p> <p align="center"><b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p>16 <b>NO SCHOOL</b></p> <p align="center"><b>TEACHER WORK DAY</b></p>	<p><b>10/12/2009-10/16/2009</b></p> <p>Calories 826 Cholesterol 54 mg Sodium 1793 mg Fiber 9.8 g Iron 4.8 mg Calcium 497 mg Vitamin A 1085 IU Vitamin C 42.1 mg Protein 31.5 g Carbs 121.5 g Total Fat 27.8 % Sat Fat 7.6 %</p>
<p>19 CORN DOG POTATO WEDGES WALDORF SALAD PEACHES</p>	<p>20 SOUTHWEST CHICKEN ALFREDO GARLIC BREADSTICK STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE</p>	<p>21 POTATO BAR CRINKLE CUT FRIES GREEN APPLE SPINACH SALAD PINEAPPLE</p>	<p>22 COUNTRY FRIED STEAK MASHED POTATO W/GRAVY MIXED VEGETABLES POTATO WEDGES MACARONI SALAD PEARS</p>	<p>23 BEEFY SPANISH RICE REFRIED BEANS TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL SPOOKY BIRTHDAY CAKE</p>	<p><b>10/19/2009-10/23/2009</b></p> <p>Calories 908 Cholesterol 58 mg Sodium 1909 mg Fiber 10.2 g Iron 5.6 mg Calcium 488 mg Vitamin A 3266 IU Vitamin C 33.8 mg Protein 33.8 g Carbs 131.5 g Total Fat 29.2 % Sat Fat 8.0 %</p>
<p>26 HOT HAM &amp; CHEESE POTATO WEDGES COLESLAW PEACHES</p>	<p>27 SLOPPY JOE CORN STRAIGHT CUT FRIES SPINACH CASSEROLE APPLESAUCE</p>	<p>28 TOSTADA CRINKLE CUT FRIES JELLO &amp; FRUIT MANDARIN ORANGES</p>	<p>29 <b>NO SCHOOL</b></p> <p align="center"><b>TEACHER-PARENT-STUDENT CONFERENCES</b></p>	<p>30 <b>NO SCHOOL</b></p> <p align="center"><b>TEACHER-PARENT-STUDENT CONFERENCES</b></p>	<p><b>10/26/2009-10/30/2009</b></p> <p>Calories 828 Cholesterol 54 mg Sodium 1758 mg Fiber 10.0 g Iron 4.8 mg Calcium 509 mg Vitamin A 1317 IU Vitamin C 43.1 mg Protein 31.9 g Carbs 123.2 g Total Fat 27.4 % Sat Fat 7.8 %</p>

**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**

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