



**Colorado Springs District 11,  
Food & Nutrition Services Menu  
Tesla 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? 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> COUNTRY FRIED STEAK MASHED POTATO W/COUNTRY GRAVY MIXED VEGETABLES CHICKEN NUGGETS CHEESEBURGER POTATO WEDGES RAINBOW PASTA SALAD PEARS <b>ICE CREAM BAR COUNT DAY</b></p>	<p><b>2</b> PIG IN A BLANKET CHEESEBURGER CHICKEN PATTY SANDWICH BAKED BEANS TATER TOTS VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL BROWNIE</p>	<p><b>10/01/2009-10/02/2009</b> Calories 906 Cholesterol 54 mg Sodium 1802 mg Fiber 11.2 g Iron 5.6 mg Calcium 607.5 mg Vitamin A 1453 IU Vitamin C 40.5 mg Protein 33.3 g Carbs 132.4 g Total Fat 28.7 % Sat Fat 7.9 %</p>
<p><b>5</b> GRILLED CHEESE SANDWICH W/TOMATO SOUP SPICY CHICKEN SANDWICH NACHOS W/CHEESE POTATO WEDGES WALDORF SALAD PEACHES</p>	<p><b>6</b> CHICKEN PATTY W/POULTRY GRAVY MASHED POTATO CHEESEBURGER CHILI FRITOS STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE VANILLA PUDDING</p>	<p><b>7</b> PANCAKE BAR W/SAUSAGE BURRITO CHICKEN NUGGETS CRINKLE CUT FRIES <b>SPINACH DIP PINEAPPLE</b></p>	<p><b>8</b> MACARONI &amp; CHEESE W/CHICKEN NUGGETS BREADSTICKS W/SAUCE CHEESEBURGER POTATO WEDGES MACARONI SALAD PEARS</p>	<p><b>9</b> BEEF CRISPITO NACHOS W/CHEESE CHICKEN PATTY SANDWICH REFRIED BEANS TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL RICE KRISPIE TREAT</p>	<p><b>10/05/2009-10/09/2009</b> Calories 864 Cholesterol 50 mg Sodium 1911 mg Fiber 10.2 g Iron 4.9 mg Calcium 625.5 mg Vitamin A 1494 IU Vitamin C 39.0 mg Protein 31.9 g Carbs 127.6 g Total Fat 27.7 % Sat Fat 7.5 %</p>
<p><b>12</b> VEGETABLE QUESADILLA SPICY CHICKEN SANDWICH NACHOS W/CHEESE POTATO WEDGES COLESLAW PEACHES  <b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p><b>13</b> LASAGNA W/BREADSTICK CHEESEBURGER CHILI FRITOS STRAIGHT CUT FRIES CUCUMBERS W/RANCH APPLESAUCE  <b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p><b>14</b> CHICKEN PARMESAN W/NOODLES BURRITO CHICKEN NUGGETS BAKED BEANS CRINKLE CUT FRIES JELLO W/FRUIT MANDARIN ORANGES <b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p><b>15</b> CHICKEN &amp; VEGETABLE TERIYAKI RICE BOWL NACHOS W/CHEESE CHEESEBURGER POTATO WEDGES RAINBOW PASTA SALAD PEARS  <b>NATIONAL SCHOOL LUNCH WEEK</b></p>	<p><b>16</b> <b>NO SCHOOL TEACHER WORK DAY</b></p>	<p><b>10/12/2009-10/18/2009</b> Calories 856 Cholesterol 54 mg Sodium 1710 mg Fiber 10.1 g Iron 4.8 mg Calcium 577.7 mg Vitamin A 1610 IU Vitamin C 42.1 mg Protein 32.6 g Carbs 123.8 g Total Fat 28.6 % Sat Fat 7.6 %</p>
<p><b>19</b> CORN DOG SPICY CHICKEN SANDWICH NACHOS W/CHEESE POTATO WEDGES WALDORF SALAD PEACHES</p>	<p><b>20</b> SOUTHWEST CHICKEN ALFREDO GARLIC BREADSTICK CHEESEBURGER CHILI FRITOS STRAIGHT CUT FRIES ITALIAN PASTA SALAD APPLESAUCE</p>	<p><b>21</b> POTATO BAR W/TOPPINGS BROCCOLI BURRITO CHICKEN NUGGETS CRINKLE CUT FRIES <b>GREEN APPLE SPINACH SALAD PINEAPPLE</b></p>	<p><b>22</b> COUNTRY FRIED STEAK MASHED POTATO W/COUNTRY GRAVY MIXED VEGETABLES NACHOS W/CHEESE CHEESEBURGER POTATO WEDGES MACARONI SALAD PEARS</p>	<p><b>23</b> BEEFY SPANISH RICE REFRIED BEANS NACHOS W/CHEESE CHICKEN PATTY SANDWICH TATER TOTS MARINATED VEGETABLE SALAD FRUIT COCKTAIL <b>SPOOKY BIRTHDAY CAKE</b></p>	<p><b>10/19/2009-10/23/2009</b> Calories 1005 Cholesterol 58 mg Sodium 2136 mg Fiber 12.9 g Iron 6.7 mg Calcium 602.2 mg Vitamin A 1453 IU Vitamin C 40.4 mg Protein 39.1 g Carbs 144.6 g Total Fat 28.8 % Sat Fat 7.8 %</p>
<p><b>26</b> HOT HAM &amp; CHEESE SPICY CHICKEN SANDWICH NACHOS W/CHEESE POTATO WEDGES COLESLAW PEACHES</p>	<p><b>27</b> SLOPPY JOE CORN CHEESEBURGER CHILI FRITOS STRAIGHT CUT FRIES <b>SPINACH CASSEROLE APPLESAUCE</b></p>	<p><b>28</b> TOSTADA BURRITO CHICKEN NUGGETS CRINKLE CUT FRIES JELLO W/FRUIT MANDARIN ORANGES</p>	<p><b>29</b> <b>NO SCHOOL PARENT-TEACHER- STUDENT CONFERENCES</b></p>	<p><b>30</b> <b>NO SCHOOL PARENT-TEACHER- STUDENT CONFERENCES</b></p>	<p><b>10/26/2009-10/30/2009</b> Calories 853 Cholesterol 52 mg Sodium 1755 mg Fiber 10.5 g Iron 4.8 mg Calcium 577.5 mg Vitamin A 1618 IU Vitamin C 38.9 mg Protein 32.9 g Carbs 123.2 g Total Fat 28.6 % Sat Fat 7.5 %</p>

**Pepperoni Pizza, American OR Italian Sub,  
Chef Salad, Fresh Fruit, Fresh Veggies,  
Leafy Greens & Milk are offered daily.**

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