





**Colorado Springs District 11,
Food & Nutrition Services Menu
Vanguard 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?</p> <p>You may contact Rick Hughes by telephone at (719) 520-2924, by email at hugherrh@D11.org, or at http://www.d11.org/fns/rantsandraves.htm</p>	<p>HARVEST OF THE MONTH: SPINACH</p>		<p>1</p> <p>COUNTRY FRIED STEAK MASHED POTATO W/GRAVY CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA RAINBOW PASTA SALAD PEARS ICE CREAM BAR COUNT DAY</p>	<p>2</p> <p>MANDARIN CHICKEN W/BROWN RICE GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL</p>	<p>10/01/2009-10/02/2009</p> <p>Calories 838 Cholesterol 69 mg Sodium 1952 mg Fiber 10.0 g Iron 5.3 mg Calcium 595.6 mg Vitamin A 2572 IU Vitamin C 45.1 mg Protein 34.0 g Carbs 123.7 g Total Fat 26.9 % Sat Fat 8.3 %</p>
<p>5</p> <p>GRILLED CHEESE SANDWICH W/TOMATO SOUP TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA WALDORF SALAD PEACHES</p>	<p>6</p> <p>CHICKEN PATTY MASHED POTATO W/POULTRY GRAVY CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA ITALIAN PASTA SALAD APPLESAUCE</p>	<p>7</p> <p>PANCAKE BAR W/SAUSAGE SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA SPINACH SALAD PINEAPPLE</p>	<p>8</p> <p>MACARONI & CHEESE W/CHICKEN NUGGETS CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA MACARONI SALAD PEARS</p>	<p>9</p> <p>CRISPTIO W/REFRIED BEANS GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA MARINATED VEGETABLE SALAD FRUIT COCKTAIL RICE KRISPIE TREAT</p>	<p>10/05/2009-10/08/2009</p> <p>Calories 888 Cholesterol 70 mg Sodium 2533 mg Fiber 10.4 g Iron 5.3 mg Calcium 629.4 mg Vitamin A 3034 IU Vitamin C 40.6 mg Protein 35.1 g Carbs 129.5 g Total Fat 27.4 % Sat Fat 8.1 %</p>
<p>12</p> <p>VEGETABLE QUESADILLA TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA COLESLAW PEACHES</p> <p align="center">NATIONAL SCHOOL LUNCH WEEK</p>	<p>13</p> <p>LASAGNA W/BREADSTICK CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA CUCUMBERS W/RANCH APPLESAUCE</p> <p align="center">NATIONAL SCHOOL LUNCH WEEK</p>	<p>14</p> <p>CHICKEN PARMESAN W/NOODLES SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA JELLO AND FRUIT MANDARIN ORANGES NATIONAL SCHOOL LUNCH WEEK</p>	<p>15</p> <p>CHICKEN & VEGETABLE TERIYAKI RICE BOWL CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA RAINBOW PASTA SALAD PEARS</p> <p align="center">NATIONAL SCHOOL LUNCH WEEK</p>	<p>16</p> <p>FISH STICKS W/TARTAR SAUCE GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA VEGETABLE MEDLEY W/RANCH FRUIT COCKTAIL</p>	<p>10/12/2009-10/18/2009</p> <p>Calories 842 Cholesterol 69 mg Sodium 1904 mg Fiber 9.9 g Iron 5.0 mg Calcium 566.6 mg Vitamin A 2297 IU Vitamin C 42.7 mg Protein 33.4 g Carbs 118.7 g Total Fat 29.8 % Sat Fat 8.2 %</p>
<p>19</p> <p>CORN DOG TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA WALDORF SALAD PEACHES</p>	<p>20</p> <p>SOUTHWEST CHICKEN ALFREDO GARLIC BREADSTICK CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA ITALIAN PASTA SALAD APPLESAUCE</p>	<p>21</p> <p>POTATO BAR W/ TOPPINGS SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA GREEN APPLE SPINACH SALAD PINEAPPLE</p>	<p>22</p> <p>COUNTRY FRIED STEAK MASHED POTATO W/GRAVY CHEF SALAD ITALIAN SUB CHEESE OR SUPREME PIZZA MACARONI SALAD PEARS</p>	<p>23</p> <p>BEEFY SPANISH RICE GARDEN SALAD HAM WRAP PEPPERONI OR VEGETARIAN PIZZA MARINATED VEGETABLE SALAD FRUIT COCKTAIL SPOOKY BIRTHDAY CAKE</p>	<p>10/19/2009-10/23/2009</p> <p>Calories 850 Cholesterol 67 mg Sodium 1816 mg Fiber 10.5 g Iron 5.6 mg Calcium 566.6 mg Vitamin A 2769 IU Vitamin C 43.6 mg Protein 33.6 g Carbs 121.0 g Total Fat 29.6 % Sat Fat 8.3 %</p>
<p>26</p> <p>CHICKEN PARMESAN SANDWICH TACO SALAD ITALIAN WRAP PEPPERONI OR MEAT MEDLEY PIZZA COLESLAW PEACHES</p>	<p>27</p> <p>SLOPPY JOE CHICKEN CAESAR SALAD TURKEY SUB CHEESE OR HAWAIIAN PIZZA SPINACH CASSEROLE APPLESAUCE</p>	<p>28</p> <p>TERIYAKI CHICKEN W/BROWN RICE SPINACH SALAD AMERICAN WRAP PEPPERONI OR MEXICAN PIZZA JELLO & FRUIT MANDARIN ORANGES</p>	<p>29</p> <p align="center">NO SCHOOL</p>	<p>30</p> <p align="center">NO SCHOOL</p> <p align="center">  </p>	<p>10/26/2009-10/30/2009</p> <p>Calories 825 Cholesterol 73 mg Sodium 1925 mg Fiber 10.0 g Iron 5.2 mg Calcium 583.2 mg Vitamin A 2907 IU Vitamin C 44.5 mg Protein 35.4 g Carbs 118.1 g Total Fat 27.9 % Sat Fat 8.3 %</p>

**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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