



Jeffco Public Schools
Food & Nutrition Services
Secondary Menu
November 2009



Student Meal Prices Breakfast Full Price \$1.25 Lunch Full Price \$2.00 or \$2.25 Reduced Price \$.40 Adult Lunch: \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
November 2, 9, 16, and 30 No School November 23	November 3, 10, 17, and December 1 No School November 24	November 4, 11, 18, and December 2 No School November 25	November 5, 12, 19, and December 3 No School November 26	November 6, 13, 20, and December 4 No School November 27
Breaded Chicken Sandwich (11/2, 11/16) Grilled Chicken Sandwich (11/9, 11/30) Baked Pasta w/Meat Sauce Cold Cut Combo Triangle Sandwich Chef Salad Bread Stick or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait	 Rib Q Sandwich (11/3) BBQ Turkey Sandwich on a Bun (11/10, 11/17, 12/1) Tacos Deli Ham Wrap (11/10 & 12/1) Turkey Cranberry Wrap (11/3 & 11/17) Chicken Caesar Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Cheeseburger or Hamburger Kung Pao Chicken w/Brown Rice (11/4 & 11/18) Orange Chicken w/Brown Rice (11/11 & 12/2) Italian Sub Chicken Nuggets Triangle Sandwich Mandarin Chicken Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait	Chicken Quesadillas (11/5, 11/12, & 12/3) County Style Steak Strips (11/12 & 12/3) Turkey & Gravy (11/5 & 11/19) <i>November 19th serving the Holiday Meal</i> Buffalo Chicken Wrap Taco Salad w/Tortilla Chips Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Oven Roast Chicken (11/13 & 12/4) Baked Chicken (11/6 & 11/20) Egg Roll w/Brown Rice  Turkey Noodle Soup w/Cheese Stuffed Breadstick Triangle Sandwich Fish Sandwich on a Bun Chef Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait

Menus are subject to change due to price and product availability

Reduced Price *Breakfast* for the 09/10 school year is at No Charge.

Manage your child's school lunch account. Prepay by internet by logging on to www.mealpayplus.com or phone 1.866.609.0949

In accordance with federal Law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, DC 2050 –9410 or call 800.795.3272 or 202.720.6382 (voice and TDD). USDA is an equal opportunity provider and employer.

Meals are planned in accordance with USDA Guidelines. Meals meet 1/3 of the RDA'S for lunch.
All meals are served with a choice of fruits, vegetables and milk.

We have moved away from:

- High fat, saturated fat & trans-fat products
- High sugar products
- Using deep-fat fryers at schools

Some of the healthy choices we're serving on a daily basis:

- Chocolate Milk contains no high fructose corn syrup, strawberry milk will be reformulated soon.
- Breakfast cereals contain 2 grams of fiber.
- Canned vegetables have been replaced with frozen or fresh.
- Bread products contain 100% whole wheat without additives, no preservatives, and no dough conditioners.
- Purchasing more local products including Phil's Fresh Burritos which are 100% natural with no additives or preservatives.

Items Contain Pork



Check with your school for breakfast availability.

Milk is offered with every meal.
Milk Choices include 1% unflavored,
1% chocolate and strawberry and unflavored skim
or 2% milk.
Breakfast items on the menu include juice or
fruit and milk.
A breakfast option of cereal, toast, juice is
offered daily.
Check with your school for breakfast availability.

Employment Opportunities

Looking for the perfect PT/
job?
2 –6 hours /day, \$ 9.05
Advancement opportunities
Call 303.982.6747

The Yam's Identity Crisis

Yams are often confused with sweet potatoes, but in fact they are different vegetables. They have such an identity problem that yams can be substituted for sweet potatoes in most recipes and even some canned sweet potatoes are called yams.

Yams are similar in size and shape to sweet potatoes but contain more natural sugar, so they are often sweeter and aren't as rich in vitamins A and C. They aren't as widely grown in the United States but can be found in most Latin-American grocery stores. Yams have white to dark brown skin and off-white, yellow, purple or pink flesh, depending on the variety.

Enjoy both yams and sweet potatoes baked whole, cut into strips and baked as fries or mashed with a touch of brown sugar or freshly grated nutmeg.

Produced by ADA's Public Relations Team