Jeffco Public Schools
Food & Nutrition Services
Secondary Menu
December 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
December 7 & 14 **No School December 21 & 28**	**December 1, 8 & 15** **No School December 22 & 29**	**December 2, 9 & 16** **December 23 & 30**	**December 3, 10 & 17** **No School December 24 & 31**	**December 4,11 & 18** **No School December 25 and January 1, 2010**
Breaded Chicken Sandwich (12/7 & 12/14) Baked Pasta w/Meat Sauce Cold Cut Combo Triangle Sandwich Chef Salad Bread Sticks or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait	BBQ Turkey Sandwich on a Bun Tacos Deli Ham Wrap (12/1 & 12/15) Turkey Cranberry Wrap (12/8) Chicken Caesar Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Cheeseburger or Hamburger Kung Pao Chicken (12/9) Orange Chicken (12/2 & 12/16) Italian Sub Chicken Nuggets Triangle Sandwich Mandarin Chicken Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait	Chicken Quesadillas County Style Steak Strips (12/3 & 12/17) Turkey & Gravy (12/10) Buffalo Chicken Wrap Taco Salad w/Tortilla Chips Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Oven Roast Chicken (12/4 & 12/18) Baked Chicken (12/11) Egg Roll w/Brown Rice Turkey Noodle Soup w/Cheese Stuffed Bread Stick 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 com-

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

A Winter Alternative to Fresh Fruit

January 18, 2008
Consuming fruits and vegetables is easy in the summer when everything is fresh and readily available. What do you do in the middle of winter?
A convenient option is dried fruit. Like fresh, dried fruit contains lots of fiber, vitamins A and C, potassium and folate.
Dried fruit is a portable snack and in the kitchen it can be added to salads, pancake batter, bread recipes or a bowl of cereal.
Dried fruit may contain more calories per serving than fresh and some dried fruits are preserved with sulfite, which can trigger allergic reactions in some people, so read the package label.
Produced by ADA's Public Relations Team