

**Jeffco Public Schools
Food & Nutrition Services
Secondary Menu
February 2010**

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
February 1, 8, & 22 No school February 15	February 2, 9, 16 & 23	February 3, 10, 17, & 24	February 4, 11, 18, & 25	February 5, 19, & 26 No School February 12
Breaded Chicken Sandwich 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	BBQ Turkey Sandwich on a Bun Tacos Deli Ham Wrap (2/9 & 2/23) Turkey Cranberry Wrap (2/2 & 2/16) Chicken Caesar Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Cheeseburger or Hamburger Hong Kong Chicken w/Brown Rice Italian Sub Chicken Nuggets Triangle Sandwich Mandarin Chicken Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait	Chicken Quesadilla Country Style Steak Strips (2/11 & 2/25) Turkey & Gravy (2/4 & 2/18) Buffalo Chicken Wrap Taco Salad w/Tortilla Chips Burrito PBJ Yogurt, Cheese & Muffin Basket or Yogurt Parfait Pizza	Oven Roast Chicken Egg Roll w/Brown Rice Cheese Stuffed Bread Sticks 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 or fruit
is offered daily.
Check with your school for breakfast availability.

Employment Opportunities
Looking for the perfect PT/
job?
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Advancement opportunities
Call 303.982.6747

The Ins and Outs of Health Claims on Food Labels

Here are some of the most common claims seen on food packages and what they mean:

- Low calorie: Less than 40 calories
- Low cholesterol: Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving
- Reduced: 25 percent less of the specified nutrient or calories than the usual product
- Good source of: Provides at least 10 percent of the Daily Value of a particular vitamin or nutrient per serving
- Calorie free: Less than five calories per serving
- Fat free/sugar free: Less than ½ gram of fat or sugar per serving
- Low sodium: Less than 140 mg of sodium per serving
- High in: Provides 20 percent or more of the Daily Value of a specified nutrient per serving
- Lean (meat, poultry, seafood): Ten grams of fat or less, 4 ½ grams of saturated fat and less than 95 mg cholesterol per 3 ounce serving
- Light: 1/3 fewer calories or ½ the fat of the usual food
- Healthy (individual food item): Low fat, low saturated fat, less than 480 mg sodium, less than 95 mg cholesterol and at least 10 percent of the Daily Value of vitamins A and C, iron, protein, calcium and fiber.

• The FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases.
Source: eatright.org