



Jeffco Public Schools  
Food & Nutrition Services  
Secondary Menu  
October 2009



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

Monday	Tuesday	Wednesday	Thursday	Friday
October 5, 12, 19, 26	October 6, 13, 20, 27	October 7, 14, 21, 28	October 1, 8, 15, 22, 29	October 2, 9, 23, 30 No School October 16
Chicken Sandwich Penne w/Meat Sauce Cold Cut Combo Triangle Sandwich Chef Salad Bread Sticks or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket	BBQ Pork Sandwich on a Bun  Tacos Deli Ham Wrap (10/6 & 10/20) Turkey Cranberry Wrap (10/13 & 10/27) Chicken Caesar Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket Pizza	Cheeseburger or Hamburger Kung Pao Chicken (10/7 & 10/21) Orange Chicken (10/14 & 10/28) Italian Sub Chicken Nuggets Triangle Sandwich Mandarin Chicken Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket	Chicken Quesadillas County Style Steak Strips (10/8 & 10/22) Turkey & Gravy (10/1, 10/15 & 10/29) Chicken Wrap Taco Salad w/Tortilla Chips Burrito PBJ Yogurt, Cheese & Muffin Basket Pizza	Oven Roast Chicken ((10/9 & 10/30) Baked Chicken (10/2 & 10/23) Egg Roll w/Brown Rice Hot Dog on Bun  Triangle Sandwich Fish Sandwich on a Bun Chef Salad Dinner Roll or Saltines Burrito PBJ Yogurt, Cheese & Muffin Basket

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](http://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 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

**Fresh, Frozen, Canned, Dried and 100% Juice: All Forms of Fruits & Vegetables Matter!**

When it comes to good nutrition, **all forms of fruits and vegetables matter—fresh, frozen, canned, dried and 100% juice.** With 200+ options and a variety of convenient packaging to make fruits and vegetables easy to store and easy to serve, there's bound to be something to please everyone!

- Most **frozen and canned foods** are processed within hours of harvest, so their **flavor and nutritional value are preserved.**
- Studies show that recipes prepared with **canned foods** had similar nutritional values to those prepared with fresh or frozen ingredients.
- Canned foods are "cooked" prior to packaging, so they are **recipe-ready.**
- **Frozen foods** also require little preparation—washing and slicing, for instance, is already done.

