

BREAKFAST MENU

JANUARY 2018



Food & Nutrition Services
Feeding healthy futures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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DAILY BREAKFAST ENTRÉE ALTERNATE CHOICES:				
Cereal or Scrambled Eggs w/ Toast or Cinnamon Roll Yogurt & Granola	Cereal or Hard Boiled Eggs w/ Toast or Cinnamon Roll Yogurt & Granola	Cereal or Scrambled Eggs w/ Toast or Cinnamon Roll Yogurt & Granola	Cereal or Hard Boiled Eggs w/ Toast or Cinnamon Roll Yogurt & Granola	Cereal or Scrambled Eggs w/ Toast or Cinnamon Roll Yogurt & Granola
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 DPS WINTER BREAK <i>Pancakes w/ Syrup</i> 100% Fruit Juice Box Blueberries	6 DPS WINTER BREAK <i>Egg & Cheese Quiche</i> 100% Fruit Juice Box Mandarin Oranges
8 Sausage Biscuit 100% Fruit Juice Grapefruit	9 Breakfast Pizza 100% Fruit Juice Box Strawberries	10 Baked French Toast 100% Fruit Juice Box Honeydew	11 Breakfast Swirl 100% Fruit Juice Box Peaches	12 Applesauce Oatmeal 100% Fruit Juice Box Blueberries
15 MARTIN LUTHER KING, JR DAY	16 Breakfast Pizza 100% Fruit Juice Box Strawberries	17 Breakfast Cannoli 100% Fruit Juice Box Honeydew	18 Pancakes w/ Syrup 100% Fruit Juice Box Peaches	19 Egg & Cheese Quiche 100% Fruit Juice Box Blueberries
22 Sausage Biscuit 100% Fruit Juice Box Grapefruit	23 Breakfast Pizza 100% Fruit Juice Box Strawberries	24 Baked French Toast 100% Fruit Juice Box Honeydew	25 Breakfast Swirl 100% Fruit Juice Box Peaches	26 Applesauce Oatmeal 100% Fruit Juice Box Blueberries
29 Pancakes w/ Syrup 100% Fruit Juice Box Grapefruit	30 Breakfast Pizza 100% Fruit Juice Box Strawberries	31 Breakfast Cannoli 100% Fruit Juice Box Honeydew		

MENU INFORMATION

	Scratch Made		Vegetarian		Whole Grain		Contains Pork
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For more information please visit: foodservices.dpsk12.org

** Please note, menus are subject to change. This institution is an equal opportunity provider.*



JOIN US

We cordially invite your student to have lunch with us.

In Denver Public Schools, we recognize that student health has a direct impact on academic achievement. We believe healthy kids make better students, and better students make healthier communities. That is why we are committed to providing our students with delicious, nutritious and convenient meal options every day.

Our students have daily access to fruit and vegetable bars, vegetarian options and locally sourced ingredients. Our lunch program is available to all of students, regardless of income.

Research shows, students who eat breakfast at the start of their school day have higher math and reading scores, they focus and behave better and are less likely to be absent. We are proud to serve breakfast, at no charge, to all students in Denver Public Schools.

Give us a try today. We would be thrilled to feed your child.

For more information, please visit: foodservices.dpsk12.org/

CHARGE POLICY UPDATE

We are pleased to announce that beginning this year, we will feed every student, every day. That means we will offer every child a complete lunch meal, even if they do not have the means to pay. However, families will still be expected to repay any lunch debt their child accrues. Rules and guidelines for the school lunch program have not changed as a result of this new and exciting decision.

We highly encourage all families to apply for the free- and reduced- lunch assistance program, regardless if you qualify.

To apply, visit: <http://foodservices.dpsk12.org/>

FEATURED ENTRÉE OF THE MONTH

Chicken Gumbo with Brown Rice



YOU SPOKE. WE LISTENED.

This year, we've added over 15 new hot lunch entrées to the school lunch menu, including chicken gumbo, tamales, green chili lasagna, carnitas tacos, lo mein, and a turkey bowl burrito, just to name a few.

We received feedback from DPS families that they wanted more vegetarian options, as well. New to the menu, we now offer a salsa black bean veggie burger, grilled Mediterranean veggie sandwich and a delicious chickpea spinach salad.

Thank you for your feedback. We will continue to refine our menu and add new items every semester.