



# November



## DENVER PUBLIC SCHOOLS BREAKFAST / LUNCH ELEMENTARY



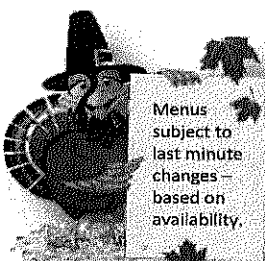
All meals served with ½  
pint milk.  
**2014**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY BREAKFAST MENU:				
★ Fruits & Juices ★ Cereal ★ Homemade Toast ★				
Pancakes w/ Syrup	Scrambled Eggs Cinnamon Roll	Breakfast Pizza	Breakfast Burrito	Sausage –or– Egg Biscuit Sandwich
LUNCH				
3 Bean & Cheese Burrito PBJ Sandwich Sweet Corn Baby Carrots	4 Chicken Sandwich PBJ Sandwich Potato Strips Coleslaw	5 Spaghetti w/ Meat Sauce Spaghetti w/ Marinara Sauce PBJ Sandwich Italian Green Beans Garden Greens	6 Beef Hot Dog on Bun Toasted Cheese Sandwich Southwest Beans Cauliflower	7 Stromboli Vegetable Stromboli PBJ Sandwich Spinach Salad Cucumber Coins
10 PARENT/TEACHER CONFERENCES  NO SCHOOL	11 Veterans Day	12 Chicken Nuggets Yogurt Basket Muffin Sweet Potato Strips Cucumber & Tomato Salad	13 Pancakes w/ Syrup Scrambled Eggs PBJ Sandwich Oven Browned Potatoes Celery Sticks	14 Cheese Pizza PBJ Sandwich Garden Greens Baby Carrots
17 Beef Hot Dog on Bun Yogurt Basket Muffin Potato Strips Cucumber Coins	18 BBQ Chicken Dinner Roll Toasted Cheese Sandwich Sweet Peas Coleslaw	19 Tacos Vegetarian Tacos Spanish Rice PBJ Sandwich Spanish Beans Spicy Cucumbers	20 Chicken Alfredo w/ Pasta Vegetarian Alfredo w/ Pasta PBJ Sandwich Green Beans Spinach Salad	21 American Pizza Vegetarian Pizza PBJ Sandwich Cauliflower Baby Carrots
24 FALL BREAK  NO SCHOOL	25 FALL BREAK  NO SCHOOL	26 FALL BREAK  NO SCHOOL	27 FALL BREAK  NO SCHOOL	28 FALL BREAK  NO SCHOOL

### SALAD BAR

Black Beans	Peas
Carrots	Spinach
Cauliflower	
Celery	
Cucumbers	
Garden Greens	

All DPS menus meet the USDA nutritional guidelines for major nutrients, including calories, fat, and saturated fat.



### DID YOU KNOW...

America's Thanksgiving holiday is based on the pilgrims 1621 harvest feast. George Washington was the first president to declare, in 1789, an 'Official Day of Thanksgiving and Prayer'. After that first date the nation did not have a national holiday until Abraham Lincoln declared, in 1863, the last Thursday of each November will be our "National Day of Thanksgiving and Praise". This lasted until 1939 when Franklin D. Roosevelt changed the holiday to the next to last Thursday in November. His reasoning was due to the Great Depression, an extra week of sales for Christmas would help the economy. Political parties were not happy with this. In 1941 both legislative houses [The House of Representatives and Senate] Established that our National Thanksgiving be the 4<sup>th</sup> Thursday of Nov.



Denver Public Schools  
Food & Nutrition Services



### THESE FRUIT CHOICES MAY BE ENJOYED DURING NOVEMBER.

- |                  |              |
|------------------|--------------|
| Apples           | Oranges      |
| Applesauce       | Peaches      |
| Blueberries      | Pears        |
| Grapes           | Pineapple    |
| Honeydew         | Strawberries |
| Mandarin Oranges |              |

Milk or Water available at each meal. ~ Pork used in our recipes is marked with a pig logo; and is in our sausage and pepperoni BlackJack pizzas. ~ Vegetarian items. ~ Weekly nutrient values, nutrition & food safety information and links to other informative sites found on our website at:  
<http://foodservices.dpsk12.org> & Facebook.