


# December 2011 Elementary Lunch Menu

DCS Montessori Charter School - Douglas County School District

Mon	Tue	Wed	Thu	Fri
			1	2
			A) Little Italy Pizza - Cheese, Pepperoni or Veggie B) Turkey Sandwich (cheese optional) - 98% fat free sliced turkey breast C) Yogurt Pack  Romaine salad with tomatoes, carrots, cucumber, purple cabbage Baby carrots Crisp apple slices Broccoli florets	A) Meatball Sub Sandwich - beef meatballs in marinara sauce, topped with mozzarella cheese B) Yogurt Pack  Garden salad with tomatoes, carrots, purple cabbage, cucumbers Baby carrots Fresh sliced kiwi Diced pears
5	6	7	8	9
Choice of: Chicken Tenderloins -Or- Breakfast Burrito Wrap  Baked Potato Wedges Fresh Kiwi Carrots and Celery	Hamburger or Cheeseburger on whole wheat bun Lettuce, tomato, onion, pickles on side  Steamed Corn Fresh Fruit	Grilled Cheese Sand. with Healthy Choice Tomato Soup  Red Seedless Grapes Crisp Romaine Salad	Little Italy Pizza Cheese, Pepperoni or Veggie  Broccoli Florets Juicy Orange Slices	Lasagna Cheese Roll-Up with Marinara  Applesauce Garden Salad with Roma Tomatoes
12	13	14	15	16
Choice of: Popcorn Chicken Bites -Or- Sloppy Joes on whole wheat bun Crisp Apple Slices Romaine Salad	Texas Cheese Toast Dunkers w/ Marinara  Baby Carrots Red Seedless Grapes	Manager's Choice (A selection of student favorites)  Broccoli Florets Strawberry Cup	Little Italy Pizza Cheese, Pepperoni or Veggie  Steamed Corn Fresh Fruit	<i>No Students</i>
19	20	21	22	23
<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>
26	27	28	29	30
<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>

Elementary Meal Price: \$2.50 Milk only: \$.35 Adult Meal: \$3.00 Second helpings of entrée (or "doubles"): \$1.50

For selective eaters: Yogurt Pack (yogurt, string cheese and graham crackers) offered daily as an alternative entrée choice.

Our daily salad bar features a green tossed salad and additional fruits and veggies to supplement the daily menu choices.

Bottled water (\$.50) and a variety of a la carte snack items (\$.50 - \$.75 range) are offered daily. Student must have money in lunch account or cash to purchase these items as no charging is allowed for water, snacks or Seconds.

Visit [www.dcsdk12.org](http://www.dcsdk12.org) Nutrition Services link for Gluten Free Options, nutritional information and lunch policies.

On-line check or credit card payments can be made at no charge at [www.schoolpaymentsolutions.com](http://www.schoolpaymentsolutions.com). This site also allows you to track lunch account balances and activity.

Questions or comments: Please contact Julie Weber, Kitchen Manager at 303-387-5643 or [Julie.Weber@dcsdk12.org](mailto:Julie.Weber@dcsdk12.org)