

# January 2012 Elementary Lunch Menu

DCS Montessori Charter School – Douglas County School District

Mon	Tue	Wed	Thu	Fri
2 Winter Break  <i>Happy New Year!</i>	3 Winter Break	4 Choice of: Hamburger or Cheeseburger (GF) Baked Fries OR Chef Salad (GF) Fresh Baby Carrots Orange Cuties	5 Little Italy Pizza Cheese, Pepperoni or Veggie  Cucumber Slices Peaches	6 Chicken Fillet Sandwich on 100% whole wheat bun  Crisp Romaine Salad Fresh Kiwi
9 Popcorn Chicken Bites Mashed Potatoes and Gravy  Steamed Corn Orange Cuties	10 Choice of: Lasagna Cheese Rollup w/ Marinara & Breadstick OR Soft Chicken Taco (GF) & Pinto Beans Broccoli Florets Crisp Apple Slices	11 Bosco Breadsticks with Marinara Sauce (V)  Garden Salad Diced Pears	12 Little Italy Pizza Cheese, Pepperoni or Veggie  Spinach Salad Cinnamon Applesauce	13 Choice of: Bean & Cheese Quesadilla (V) OR Steak Dippers (GF)  Fresh Baby Carrots Cherry Cup
16 No School MLK Day	17 Rotisserie Style Baked Chicken (GF) with Mashed Potatoes and Gravy  Steamed Corn Diced Pears	18 Hamburger or Cheeseburger (GF) on whole wheat bun Baked Potato Wedges Broccoli Florets Peaches	19 Little Italy Pizza Cheese, Pepperoni or Veggie  Green Beans Orange Cuties	20 Cheese Enchilada Bake (GF) (V)  Fresh Baby Carrots Diced Pears
23 Popcorn Chicken Bites Mashed Potatoes & Gravy  Steamed Corn Applesauce	24 Texas Cheese Toast Dunker with Marinara Sauce (V)  Sliced Cucumber Strawberry Cup	25 Choice of: Sloppy Joes (GF) OR Soft Chicken Tacos (GF) Pinto Bean Cup  Corn Crisp Apple Wedges	26 Little Italy Pizza Cheese, Pepperoni or Veggie  Crisp Romaine Salad Peaches	27 Turkey Dinner (GF) with Mashed Potatoes & Gravy  Steamed Broccoli Cherry Cup
30 Orange Chicken with Steamed Brown Rice  Broccoli Florets Strawberry Cup	31 Bosco Breadsticks with Marinara Sauce (V)  Green Beans Crisp Apple Wedges	(GF) = Gluten Free (V) = Vegetarian	*SILK SOY MILK* now available in Vanilla or Chocolate \$1.50 each	Questions/Comments: Please contact Julie Weber, Kitchen Manager at 303-387-5643 or <a href="mailto:julie.weber@dcsdk12.org">julie.weber@dcsdk12.org</a>

Effective January 1, 2012 at DCSM, an Elementary Student Lunch includes entrée, fruit, vegetable and milk for \$2.50. We have discontinued the policy of allowing free unlimited servings of fruits and vegetables to bring us into compliance with current DCSD Nutrition Services policy and to manage rising food costs. Students who bring lunch from home may purchase fresh fruits or vegetables for \$.75 each or canned fruit for \$.50.

Milk only: \$.35 Adult Meal: \$3.00 (does not include milk). Second helpings of entrée (or “doubles”): \$1.50.

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

Our colorful salad bar offers additional fruit and vegetable choices daily including tossed green salad,

Bottled water (\$.50) and a variety of a la carte snack items (\$.50 - \$.75) are offered daily. Student must have money in lunch account 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 (GF) options, nutritional information, carb counts and lunch policies.e3dc3

On-line payments can be made at no charge at [www.schoolpaymentsolutions.com](http://www.schoolpaymentsolutions.com). This site allows you to view lunch account activity, check balances and receive low balance e-mail alerts even if you choose not to make payments on-line.