



**Douglas County
School District**

620 Wilcox Street • Castle Rock, CO 80104
303-387-0100 • 24 hour Security 303-387-9999

Elementary Lunch Menu September 2009

Fruit & Veggies: More Matters Month

Every Day: We offer Hand-Selected Fresh Fruits and Freshly Prepared Salads along with a variety of Favorite Cupped Fruits. Low-Fat (1%) and Skim Milk are included in the lunch price. Water is available upon request. Yogurt, String Cheese, or a half Cheese Sandwich are available for selective eaters.

DCSD Elementary Lunch Menu is

published by Nutrition Services as a service to our **Valued Customers** - Parents and Students!

Our Mission:

Nutrition Services is operated as an enterprise fund. Operating expenses are paid through federal funds and revenue collected from the sale of food. This means that district property tax money ends up in the classroom where it belongs. Our mission is to serve our students nutritious meals promoting healthy food choices of fresh fruits and vegetables, whole-grains, and lean protein.

Contact Us

Central Office
303-387-0320
Free and Reduced Applications
303-387-0338
Special Diets
303-387-0394

Pricing

\$2.50 - Elem Lunch
\$1.50 - 2nds
\$0.35 - Milk only
\$0.40 - Reduced
\$3.00 - Adult Lunch w/o milk
\$3.35 - Adult Lunch w/ milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Salad Bosco Sticks	2 Fish Nuggets Baked Cheese on Pretzel Bun	3 Pepperoni Pizza Cheese Pizza	4 French Toast Bean Nachos
7 NO SCHOOL	8 Turkey Hot Dog Homemade Italian Dunkers	9 Hamburger Cheeseburger Bean & Cheese Burrito	10 Whole Grain Pancakes w/ Sausage Toasted Cheese Sandwich	11 Chicken Egg Roll Bean Soft Taco
14 Ham & Cheese Pocket Macaroni & Cheese	15 Spaghetti w/ Meat Sauce Bean Tostada	16 Orange Chicken Bosco Sticks	17 Pepperoni Pizza Cheese Pizza	18 Sloppy Joes Bean Tostada
21 Chicken Fajitas Baked Cheese on Pretzel Bun	22 Turkey Breast & Cheese Sandwich Bean Nachos	23 Meatball Sub Baked Potato w/ Cheese Sauce	24 Rib-B-Que Homemade Italian Dunkers	25 NO SCHOOL
28 Popcorn Chicken Bowl Bean & Cheese Burrito	29 Beef Nachos Toasted Cheese Sandwich	30 Chicken Sticks Manager's Choice	Fruit of the Month: Melon!	How many fruits and veggies do YOU need?