

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

Menus subject to change.

For weekly nutrient values, nutrition/Super Foods/ food safety information and links to other informative sites, please visit our website at <http://foodservices.dpsk12.org>.

Highline Academy



Several varieties of milk offered with each meal.

1	2	3
Turkey & Gravy w/ Biscuit Mashed Potatoes Yogurt Basket v Celery Sticks Variety of Fruits	Mini Ravioli w/Garlic Bread Veggie Wrap v Spinach Salad Variety of Fruits	Fish Sticks w/ Corn Bread Turkey Ham Chef Salad Grilled Cheese v Mixed Vegetables Cole Slaw Variety of Fruits
6	7	8
Labor Day Holiday No School 	Chicken Nuggets w/ Corn Bread Grilled Cheese v Ranch Style Beans Variety of Fruits	COLORADO PROUD DAY  Bean & Beef Burrito w/Green Chili Sauce Calabacitas con Elote Variety of Fruits
9	10	
Penne Pasta Bake w/Garlic Bread Snack' m Lunch v Sweet Peas Variety of Fruits	Hamburger Deluxe Black Bean Tortilla Casserole v Cucumber Coins Variety of Fruits	
13	14	15
Turkey Chef Salad Chicken Patty Sandwich Beans and Rice v Garden Greens Mixed Vegetable Variety of Fruits	Chili Relleño Quiche v Chef Salad Sweet Peas Variety of Fruits	BBQ Beef On a Bun Veggie Wrap v Coleslaw Variety of Fruits
16	17	
Spaghetti w/Marinara v w/Garlic Bread Yogurt Basket v Green Beans Variety of Fruits	Manager's Choice 	
20	21	22
Manager's Choice 	Lemon Roasted Chicken w/Dinner Roll Snack 'm Lunch v Potato Salad Variety of Fruits	Garden Chili v w/Corn Bread All American Sub Fresh Veggie Patch Variety of Fruits
23	24	
Macho Nachos Grilled Cheese v Spanish Beans Variety of Fruits	Mac & Cheese v Buffalo Chicken Salad Steamed Broccoli Variety of Fruits	
27	28	29
Tacos Veggie Wrap v Fresh Veggie Patch Variety of Fruits	Chicken Caliente w/Dinner Roll Yogurt Basket v Tomato & Cucumbers Variety of Fruits	Turkey & Gravy w/Biscuit Egg Salad Sandwich v Mashed Potatoes Celery Sticks Variety of Fruits
30		
Mini Ravioli w/Garlic Bread Yogurt Basket v Spinach Salad Variety of Fruits		

Colorado melon is now in season and on the school menu! Cantaloupe and watermelon have been grown in Colorado since the late 1800's. In fact, Colorado melons were so popular that in the 1880's, Rocky Ford, CO claimed the title "Melon Capital of the World." Watermelon, cantaloupe, and honeydew melon are the SuperFoods of the month because they are high in Vitamin C, which helps heal cuts, AND Vitamin A which is good for your eyes. (References: www.coloradohistory.org, www.nal.usda.gov/fnic/foodcomp/search).



Ride bicycles as a family. Plan a safe route to your nearest Farmer's Market or mini mart that sells fruits and vegetables using www.denvergov.org/Bicycle_Program. Need a bike? Ride for free by visiting the Park Hill Bike Depot. Contact www.bikedepot.org.