



| AUGUST 2010 | | HIGHLINE LUNCH MENUS | | |
|---|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | |  | |  |
| 16 | 17 | 18 | 19 | 20 |
| Several varieties of milk offered with each meal | Manager's Choice | Manager's Choice | Spaghetti w/Marinara Green Beans Variety of Fruits | Crispy Chicken Sandwich Sweet Potato Strips Variety of Fruits |
| 23 | 24 | 25 | 26 | 27 |
| Bean Burrito w/ Green Chili Sauce Sweet Corn Variety of Fruits | Lemon Roasted Chicken Dinner Roll Potato Salad Variety of Fruits | Pancakes & Sausage Fresh Veggie Patch Variety of Fruits | Macho Nachos Spanish Beans Fresh Veggie Patch Variety of Fruits | Mac & Cheese Steamed Broccoli Variety of Fruits |
| 30 | 31 |  | | |
| Tacos Rice Spanish Beans Variety of Fruits | Baked Potato w/ Broccoli & Cheese or Chicken Caliente Dinner Roll Tomato & Cucumber Salad Variety of Fruits | | | |

Join a local Denver parks and recreation center! Fall program registration for all of the exciting programs is now available for the entire family. Classes covering fitness, sports, arts and culture and outdoor education are offered at the recreation center. Classes are affordable for the entire family; financial assistance is available for all classes and memberships through the scholarship program. Call 311 or visit this website: www.denvergov.org/recreation. Eligible residents may request a scholarship if they cannot afford to pay full price.



V= Vegetarian
P= Pork
S = SuperFood

Each month we will be featuring a different "SuperFood," foods that are rich in nutrients, provide you with energy, and keep you healthy. The featured SuperFood will be highlighted on that month's lunch menu. This month's SuperFood – peaches- are grown here in Colorado. Peaches have been grown in Palisade, CO since the late 1800's. Peaches are high in Vitamin C which helps the body heal and shortens colds. Vitamins A and E, niacin, riboflavin, and thiamin are also found in peaches. Enjoy Colorado peaches today!
(References: www.townofpalisade.org/history.htm, www.nal.usda.gov/fnic/foodcomp/search)

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>.

