



**The winning team of the Eatwell@School Cooking Competition hosted by LiveWell Colorado is Manual High School! Four high school teams competed; Bruce Randolph, Martin Luther King, KIPP Collegiate at Rishel and Manual. Teams were to develop a healthy school meal according to the strict National School Lunch Program guidelines i.e., \$.90 or less food cost for the meal, 10 ingredients or less, and within their nutritional guidelines. Competition was held at Johnson and Wales. All entries were excellent! Manual students will be going to Washington D.C. in May to compete in the "Cooking Up Change National Healthy Cooking Contest". Congratulations to all the student competitors!

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Try a "Zipper" orange, more commonly called a <i>clementine</i>. Available during the week of February 13-17. Get your Vitamin C in a sweet "package!" Mmmm good!</p> 		<p>1</p> <p>Sloppy Joe Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>2</p> <p>BBQ Chicken w/ Honey Glazed Oatmeal Roll Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>3</p> <p>Pizza Cheese or Pepperoni Manager's Daily Special Vegetable of the Day Variety of Fruits</p>
<p>6</p> <p>Nachos Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>7</p> <p>Cheesy Chicken Pasta Bake w/Vegetable Ragu Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>8</p> <p>Meat Loaf w/ Mashed Potatoes w/Gravy Dinner Roll Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>9</p> <p>Black Jack Pizza Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>10</p> <p>Chicken Nuggets Manager's Daily Special Vegetable of the Day Variety of Fruits</p>
<p>13</p> <p>Chicken Caliente w/ Rice & Spanish Beans Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>14 Valentine's Day</p> <p>Spaghetti w/Marinara Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits</p> 	<p>15</p> <p>Grilled Chicken Sandwich Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>16</p> <p>Chili Garden Chili w/Cinnamon Roll Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>17</p> <p>Professional Day No School For Students</p>
<p>20</p> <p>Presidents' Day  No School</p>	<p>21</p> <p>Manager's Choice</p>	<p>22</p> <p>Fish Sticks Cornbread Muffin Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>23</p> <p>Black Jack Pizza Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>24</p> <p>Hamburger Deluxe Manager's Daily Special Vegetable of the Day Variety of Fruits</p>
<p>27</p> <p>Tacos Vegetarian Tacos Rice Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>28</p> <p>Cheese Ravioli w/Marinara Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>29</p> <p>Sloppy Joe Manager's Daily Special Vegetable of the Day Variety of Fruits</p>	<p>Several varieties of milk offered with each meal</p> <p>VEGETARIAN PORK SUPERFOOD</p>	

Beans and peas are the featured SuperFood of the month because they are low in fat, high in fiber, a great source of muscle-building protein and iron. And they are good for your heart! This month, Colorado beans are being featured on the school menu. You can find pinto and black beans in dishes like the Bean and Cheese Burrito, Beans and Rice, Garden Chili, Picnic Beans, Spanish Beans, and Vegetarian Tacos. Encourage your child to try some beans for lunch! (References: "SuperFoods HealthStyle," by Dr. Steven Pratt and Kathy Matthews.



All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat. DPS menus meet the nutritional requirements of *The Healthier US Challenge Gold Standard* rating. 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>.