

MIDDLE SCHOOL LUNCH MENU

October

2022



DENVER
PUBLIC
SCHOOLS

Food & Nutrition Services
Feeding healthy futures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chorizo Mac & Cheese Mac & Cheese PB&J or Wow Butter & Jelly Sandwich Turkey Ranch Wrap Chilled Peas Blueberries - frozen Green Grapes Peaches Pear Milk</p>	<p>4</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Cheese Quesadilla Chicken Quesadilla Mexican Chopped Salad Yogurt Basket w/ Blueberry Muffin Refried Beans Cherry Tomatoes Applesauce Cantaloupe Strawberries Peach Milk</p>	<p>5</p> <p>Penne Marinara Penne w/ Meat Sauce PB&J or Wow Butter & Jelly Sandwich Spicy Chicken Sandwich Garden Greens Honeydew Pears Pineapple - frozen Red Grapes Milk</p>	<p>6</p> <p>Black Bean Burger Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Crispy Chicken Sandwich Yogurt Basket w/ Cinnamon Pita Crisps Sweet Potato Tots Blueberries - frozen Peach Milk</p>	<p>7</p> <p>Broccoli & Cheese Baby Baked Potatoes PB&J or Wow Butter & Jelly Sandwich BBQ Pulled Pork Sandwich Turkey Chef Salad Dinner Roll Green Beans Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>
<p>10</p> <p>Beef Nachos Cheese Nachos Cheeseburger Yogurt Basket w/ Blueberry Muffin Refried Beans Spicy Cucumber Coins Blueberries - frozen Green Grapes Peaches Pear Milk</p>	<p>11</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Buffalo Chicken Salad Country Chicken Bowl Grilled Cheese Sandwich PB&J or Wow Butter & Jelly Sandwich Dinner Roll Sweet Pepper Strips Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>	<p>12</p> <p>Homemade Cheese Pizza Homemade Pepperoni Pizza Nashville Hot Boneless Wings PB&J or Wow Butter & Jelly Sandwich Dinner Roll Cherry Tomatoes Honeydew Pears Pineapple - frozen Red Grapes Milk</p>	<p>13</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Italian Sub Sandwich Italian Veggie Sandwich Yogurt Basket w/ Cinnamon Pita Crisps Curly Fries Blueberries - frozen Grapefruit Wedges Peaches Pear Milk</p>	<p>14</p> <p>Charro Beans Chicken Caliente Chili Cheese Fries PB&J or Wow Butter & Jelly Sandwich Spanish Rice Steamed Broccoli Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>
<p>17</p> <p>Bean & Cheese Burrito Beef & Cheese Burrito Cheeseburger PB&J or Wow Butter & Jelly Sandwich Baby Carrots Street Corn Blueberries - frozen Green Grapes Peaches Pear Milk</p>	<p>18</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Cheesy Breadstick Marinara Crispy Chicken Salad Yogurt Basket w/ Blueberry Muffin Saltine Crackers Cucumber Tomato Salad Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>	<p>19</p> <p>Meat Lasagna Spinach Lasagna PB&J or Wow Butter & Jelly Sandwich Garlic Bread Garden Greens Salad Honeydew Pears Pineapple - frozen Red Grapes Milk</p>	<p>20</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza All Beef Hot Dog Chili Dog Garden Chili Yogurt Basket w/ Cinnamon Pita Crisps Cornbread Southwest Beans Blueberries - frozen Grapefruit Wedges Peaches Milk</p>	<p>21</p> <p>Chicken a la King Cuban Sandwich PB&J or Wow Butter & Jelly Sandwich Vegetarian Chef Salad Dinner Roll Mashed Potatoes Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>
<p>24</p> <p>Beef Tacos Chorizo Crunchy Tacos Veggie Tacos PB&J or Wow Butter & Jelly Sandwich Spanish Rice Spicy Corn Salad Blueberries - frozen Green Grapes Peaches Pear Milk</p>	<p>25</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Chicken Nuggets Roasted Red Pepper Hummus Bowl Yogurt Basket w/ Blueberry Muffin Dinner Roll Steamed Broccoli Sweet Pepper Strips Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>	<p>26</p> <p>Alfredo Pasta Chicken Alfredo Pasta Crispy Chicken Sandwich PB&J or Wow Butter & Jelly Sandwich Italian Green Beans Honeydew Pears Pineapple - frozen Red Grapes Milk</p>	<p>27</p> <p>Black Jack Cheese Pizza Black Jack Green Pepper & Mushroom Pizza Black Jack Pepperoni Pizza Black Jack Sausage Pizza Cheeseburger PB&J or Wow Butter & Jelly Sandwich Yogurt Basket w/ Cinnamon Pita Crisps Southwest Beans Blueberries - frozen Grapefruit Wedges Peaches Pear Milk</p>	<p>28</p> <p>Broccoli & Cheese Baked Potatoes Meatloaf PB&J or Wow Butter & Jelly Sandwich Garlic Bread Baby Carrots Mashed Potatoes Applesauce Cantaloupe Strawberries - frozen Peach Milk</p>

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Chorizo Mac & Cheese
 Mac & Cheese
PB&J or Wow Butter & Jelly sandwich
Turkey Ranch Wrap
 Blueberries - frozen
 Green Grapes
 Peaches
 Pear
Milk

1 Nov

Black Jack Cheese Pizza
 Black Jack Green Pepper & Mushroom Pizza
Black Jack Pepperoni Pizza
Black Jack Sausage Pizza
 Cheese Quesadilla
Chicken Quesadilla
 Mexican Chopped Salad
Yogurt Basket w/ Blueberry Muffin
Refried Beans
 Applesauce
 Cantaloupe
 Strawberries - frozen
 Peach
Milk

2 Nov

Penne Marinara
Penne w/ Meat Sauce
Spicy Chicken Sandwich
PB&J or Wow Butter & Jelly Sandwich
 Garden Greens Salad
 Honeydew
 Pears
 Pineapple - frozen
 Red Grapes
Milk

2 Nov

Black Jack Cheese Pizza
 Black Jack Green Pepper & Mushroom Pizza
Black Jack Pepperoni Pizza
Black Jack Sausage Pizza
 Black Bean Burger
Crispy Chicken Sandwich
Yogurt Basket w/ Cinnamon Pita Crisps
 Sweet Potato Tots
 Blueberries - frozen
 Grapefruit Wedges
 Peaches
 Pear
Milk

3 Nov

Broccoli & Cheese Baby Baked Potatoes
BBQ Pulled Pork Sandwich
PB&J or Wow Butter & jelly Sandwich
Turkey Chef Salad
 Vegetarian Chef Salad
Dinner Roll
 Green Beans
 Applesauce
 Cantaloupe
 Strawberries - frozen
 Peach
Milk

MENU INFORMATION



Scratch Made



Vegetarian



Whole Grain



Contains Pork

Milk options are available with all meals: 1% and non-fat

For more information, please visit: foodservices.dpsk12.org

** Please note, menus are subject to change. This institution is an equal opportunity provider.*