

# \*\*\* August/September 2011 Menu \*\*\*

Des Moines Public Schools

Menus are subject to change without notice

This menu can be found on the web [www.dmps.k12.ia.us](http://www.dmps.k12.ia.us)

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>25</b> Bagel w/cr. Cheese  <b>A</b> All Beef Hot Dog on a Bun Or <b>B</b> Chicken Nuggets Whole Grain Dinner Roll <b>Daily Selection</b> Green Beans, Pears, Broccoli w/ dip, Grapes	<b>26</b> English Muffin  <b>A</b> Cheese Pizza Or <b>B</b> Bean and Beef Burrito <b>Daily Selection</b> Peas, Fruit Cocktail Celery Sticks, Fresh Pear
<b>29 Week 1 Breakfast</b>  <b>A</b> BBQ Pork Rib Patty on a Bun Or <b>B</b> Breaded Chicken Sandwich <b>Daily Selection</b> Sweet Potato Oven Fries Veggie Salad, Peaches Kiwi	<b>30</b>  <b>A</b> Walking Beef Taco w/ Baked Chips, Spice Muffin Or <b>B</b> Pancakes w/Sausage <b>Daily Selection</b> Applesauce, Lettuce /cheese, Strawberries Orange Juice	<b>31</b>  <b>A</b> Chicken Nuggets Or <b>B</b> Pasta w/Meat Sauce Whole Grain Breadstick <b>Daily Selection</b> Green Beans Romaine Salad /dressing, Pears, Apple	<b>1</b>  <b>A</b> Sweet & Sour Chicken Brown Rice Or <b>B</b> Sausage Pizza <b>Daily Selection</b> Stir Fry Veggies, Celery Sticks Fruit Cocktail, Banana	<b>2</b>  <b>A</b> Yogurt Kydz-able Or <b>B</b> Baked Potato w/Cheese Sauce Whole Grain Breadstick <b>Daily Selection</b> Steamed Broccoli, Mini Carrots, Apricots, Grapes Fruit Cobbler
<b>5</b>  Labor  Day	<b>6 Week 2 Breakfast</b>  <b>A</b> Beef & Bean Enchilada Or <b>B</b> Grilled Chicken Patty on a Bun <b>Daily Selection</b> Green Beans, Applesauce, Fresh Pear, Lettuce w/cheese	<b>7</b>  <b>A</b> Chicken Nuggets Or <b>B</b> Chili Corn Muffin <b>Daily Selection</b> Spinach & Lettuce Salad, Pineapple, Grapes	<b>8</b>  <b>A</b> Cheese Pizza Or <b>B</b> Little Smokies Cinnamon Rolls <b>Daily Selection</b> Mashed Potatoes, Broccoli w/dip, Peaches, Kiwi	<b>9</b>  <b>A</b> Yogurt Kydz-able Or <b>B</b> Pizza Dippers Marinara Sauce <b>Daily Selection</b> Savory Carrots Tomato & Pepper Strips, Pears, Orange Wedges
<b>12 Week 3 Breakfast</b>  <b>A</b> Hamburger on a Bun Or <b>B</b> Mini Corn Dogs <b>Daily Selection</b> Mashed Potatoes, Celery Sticks, Mandarin Oranges Kiwi	<b>13</b>  <b>A</b> Beef Taco w/ Tortilla Spanish Rice Or <b>B</b> Pepperoni Pizza <b>Daily Selection</b> Corn, Peaches Lettuce w/cheese, Apple Oatmeal Cookie	<b>14</b>  <b>A</b> Chicken Nuggets Whole Grain Dinner Roll Or <b>B</b> Chef Salad w/Cheese <b>Daily Selection</b> Peas, Broccoli w/dip, Pears, Banana	<b>15</b>  <b>A</b> Beef & Bean Burrito Or <b>B</b> Macaroni & Cheese Whole Grain Dinner Roll <b>Daily Selection</b> Green Beans, Mini Carrots, Fruit Cocktail Orange Wedges	<b>16</b>  <b>A</b> Yogurt Kydz-able Or <b>B</b> Fish Shapes Orange Glazed Dinner Roll <b>Daily Selection</b> Crinkle Cut Oven Fries, Applesauce Cole Slaw, Fresh Pears
<b>19 Week 1 Breakfast</b>  <b>A</b> BBQ Pork Rib Patty on a Bun Or <b>B</b> Breaded Chicken Sandwich <b>Daily Selection</b> Sweet Potato Oven Fries Veggie Salad, Peaches Kiwi	<b>20</b>  <b>A</b> Walking Beef Taco w/ Baked Chips, Spice Muffin Or <b>B</b> Pancakes w/Sausage <b>Daily Selection</b> Applesauce, Lettuce /cheese, Strawberries Orange Juice	<b>21</b>  <b>A</b> Chicken Nuggets Or <b>B</b> Pasta w/Meat Sauce Whole Grain Breadstick <b>Daily Selection</b> Green Beans Romaine Salad /dressing, Pears, Apple	<b>22</b>  <b>A</b> Sweet & Sour Chicken Brown Rice Or <b>B</b> Sausage Pizza <b>Daily Selection</b> Stir Fry Veggies, Celery Sticks Fruit Cocktail, Banana	<b>23</b>  No School
<b>26 Week 2 Breakfast</b>  <b>A</b> All Beef Hot Dog on a Bun Or <b>B</b> Bread Pork Patty Sandwich <b>Daily Selection</b> Vegetarian Baked Beans, Sliced Cucumbers, Fruit Cocktail Apple	<b>27</b>  <b>A</b> Beef & Bean Enchilada Or <b>B</b> Grilled Chicken Patty on a Bun <b>Daily Selection</b> Green Beans, Applesauce, Fresh Pear Lettuce w/cheese	<b>28</b>  <b>A</b> Chicken Nuggets Or <b>B</b> Chili Corn Muffin <b>Daily Selection</b> Spinach & Lettuce Salad, Pineapple, Grapes	<b>29</b>  <b>A</b> Cheese Pizza Or <b>B</b> Little Smokies Cinnamon Rolls <b>Daily Selection</b> Mashed Potatoes, Broccoli w/dip, Peaches, Kiwi	<b>30</b>  <b>A</b> Yogurt Kydz-able Or <b>B</b> Pizza Dippers Marinara Sauce <b>Daily Selection</b> Savory Carrots Tomato & Pepper Strips, Pears, Orange Wedges

Breakfast					
Week 1	Week 2	Week 3			
Mon. Waffle w/syrup	French Toast w/syrup	Mini Pancakes			
Tues. Egg Sandwich	Cereal w/string cheese	Sausage w/biscuit			
Wed. Sausage Bagel	Yogurt w/muffin	Egg Patty w/bagel			
Thur. Yogurt/ muffin	Bagel w/cr. Cheese	Cereal w/string cheese			
Fri. Cheese omelet w/toast	Egg Patty w/biscuit	Sausage Sandwich			
Grab & Go Breakfast					
Mon.	Tues.	Wed	Thur.	Fri.	
Cereal	Breakfast	Cereal	Cereal	Cereal	
Graham Crackers	Round	Bagel	Muffin	String Cheese	
Assorted cereals and toast are offered daily as an alternate choice. Fruit, juice and milk choices are offered with each breakfast. This institution is an equal opportunity provider					

Meal Prices 2011-2012		
	Breakfast	Lunch
Elementary	\$1.45	\$2.40
Middle School	\$1.55	\$2.50
High School	\$1.60	\$2.50
Adult	\$1.85	\$3.15
A la Carte Milk	\$ .45	\$ .45
A choice of Skim, 1% or Fat Free Chocolate milk is offered with each meal.		
Pay for meals on-line		
<a href="http://www.schoolpaymentsolutions.com">www.schoolpaymentsolutions.com</a>		