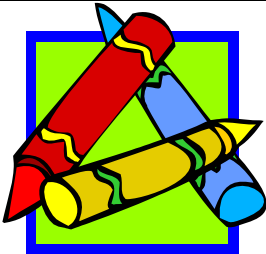


*** July 2011 Menu ***

Des Moines Public Schools
Capitol View, Moulton & River Woods

Menus are subject to change without notice

This menu can also be found on the web www.dmps.k12.ia.us

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Kydz-able Meal Contains: Entrée w/ bread item Fresh vegetables Fruit</p> <p>A choice of Fat Free, 1% or Fat Free Chocolate is offered with each meal.</p>			<p>14 Bagel w/cream cheese Fruit Cocktail or Juice</p> <p>A BBQ Pork Rib Patty on a Bun Or B Hamburger on a Bun Daily Selection Corn, Mini Carrots Apple, Pears</p>	<p>15 Cereal, String Cheese Pineapple or Juice</p> <p>A Yogurt Kydz-able Or B Cheese Pizza Daily Selection Peas, Celery Sticks Applesauce, Fresh Pear</p>
<p>18 French Toast w/Syrup Applesauce or Juice</p> <p>A Peanut Butter & Jelly Kydz-able Or B Grilled Chicken Patty on a Bun Daily Selection Peas, Mini Carrots Apple, Peaches</p>	<p>19 Egg Patty on English Muffin Pears or Juice</p> <p>A Sliced Turkey on a Bun Or B Sausage Pizza Daily Selection Green Beans, Lettuce w/cheese Kiwi, Fruit Cocktail</p>	<p>20 Cereal, String Cheese Fruit Cocktail or Juice</p> <p>A Chef Salad w/Cheese Or B Mini Corn Dogs Daily Selection Vegetarian Baked Beans, Orange Wedges, Pears</p>	<p>21 Bagel w/cream cheese Peaches or Juice</p> <p>A Turkey Ham on a Bun Or B Breaded Chicken on a Bun Daily Selection Corn, Celery sticks Applesauce, Banana</p>	<p>22 Sausage Patty w/English Muffin Apricots or Juice</p> <p>A Yogurt Kydz-able Or B BBQ Pork Rib on a Bun Daily Selection Mashed Potatoes Broccoli w/ dip Pineapple, Fresh Pear</p>
<p>25 Waffle w/Syrup Peaches or Juice</p> <p>A Peanut Butter & Jelly Kydz-able Or B All Beef Hot Dog on a Bun Daily Selection Vegetarian Baked Beans, Mini Carrots Apple, Fruit Cocktail</p>	<p>26 Cereal, String Cheese Banana or Juice</p> <p>A Sliced Turkey on a Bun Or B Hamburger on a Bun Daily Selection Crinkle cut oven fries Broccoli w/dip Grapes, Pears</p>	<p>27 Sausage on a Bagel Fruit Cocktail or Juice</p> <p>A Chef Salad w/Cheese Or B Waffles & Sausage Daily Selection Orange Juice Banana, Applesauce</p>	<p>28 Pancakes w/Syrup Pears or Juice</p> <p>A Grilled Chicken Patty on a Bun Or B Bean and Beef Burrito Daily Selection Corn, Spinach & Lettuce Salad Peaches, Fresh Pear</p>	<p>29 Egg Patty on English Muffin Pineapple or Juice</p> <p>A Yogurt Kydz-able Or B Cheese Pizza Daily Selections Green Beans, Celery Sticks, Apricots, Kiwi</p>

*You can now pay for school meals on-line.
Go to www.schoolpaymentsolutions.com



Join the Team!!

The Food and Nutrition Department is currently taking job applications.

Check this site
www.dmps.k12.ia.us

You can come in and apply at:
The Food and Nutrition Department
1225 2nd Ave. Des Moines, IA 50314
Equal Opportunity Employer

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.