

# Coperni 2 October Menu

# 2020

## Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering

303-778-0916



Monday	Tuesday	Wednesday	Thursday	Friday
			<sup>1</sup> <i>Waffles, Syrup</i> <i>100% Juice</i> <i>Craisins</i>  <b>Beef Sloppy Joe</b> <b>Wheat Bun</b> <b>Seasonal Fruit</b> <b>Steamed Corn</b>  Cheesy WW Breadstick 1% White Milk	<sup>2</sup> <i>Pumpkin Bread</i> <i>Applesauce</i> <i>Dried Papaya</i>  <b>Grilled Cheese</b> <b>Sliced Pears</b> <b>Diced Carrots</b>  Cereal Bar 100% Fruit Juice
<sup>5</sup> <i>Cinnamon Raisin Bagel</i> <i>Cream Cheese</i> <i>Dried Pineapple Rings</i> <i>Whole Apple</i>  <b>Red Chicken Tamales</b> <b>Sliced Peaches</b> <b>Black Beans</b>  Sunflower Seeds 100% Fruit Juice	<sup>6</sup> <i>French Toast, Syrup</i> <i>100% Juice</i> <i>Whole Orange</i>  <b>Chicken Patty</b> <b>Sandwich</b> <b>Wheat Bun, BBQ Sauce</b> <b>Seasonal Fruit</b> <b>Steamed Corn</b>  Turkey & Cheese Roll Up	<sup>7</sup> <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i>  <b>Creamy Swedish</b> <b>Meatballs</b> <b>Buttered Noodles</b> <b>Blueberries</b> <b>Romaine Salad, Ranch</b>  String Cheese WW Crackers	<sup>8</sup> <i>Cereal</i> <i>100% Juice</i> <i>Craisins</i>  <b>Turkey Hot Dog</b> <b>Wheat Bun, Ketchup</b> <b>Seasonal Fruit</b> <b>Baked Beans</b>  WW Graham Crackers 1% White Milk	<sup>9</sup> <i>Banana Bread</i> <i>String Cheese</i> <i>Applesauce,</i> <i>Dried Papaya</i>  <b>Southwest White</b> <b>Chicken Chili</b> <b>Homemade Cornbread</b> <b>Pineapple</b> <b>Baked Sweet Potatoes</b>  WW Pretzel Bites 100% Fruit Juice
<sup>12</sup> <i>English Muffin</i> <i>Egg Patty</i> <i>Spiced Pears</i> <i>Whole Apple</i>  <b>Tangy BBQ Chicken</b> <b>Sandwich</b> <b>Wheat Bun</b> <b>Sliced Pears</b>	<sup>13</sup> <i>Pancakes, Syrup</i> <i>100% Juice</i> <i>Whole Orange</i>  <b>Penne Pasta &amp;</b> <b>Meatballs in Marinara</b> <b>Cinnamon Apples</b> <b>Romaine Salad</b>	<sup>14</sup> <i>Lemon Poppyseed</i> <i>Bread</i> <i>100% Juice</i> <i>Dried Pineapple</i>  <b>Chicken Tenders</b> <b>BBQ Sauce</b> <b>Buttermilk Biscuit</b> <b>Fresh Banana</b>	<sup>15</sup> <b>No Classes</b>	<sup>16</sup> <b>No Classes</b>

<b>Steamed Peas</b>  WW Goldfish Crackers 100% Fruit Juice	<b>Ranch Dressing</b>  String Cheese WW Crackers	<b>Celery, Ranch Dip</b>  Turkey & Cheese Roll Up		
19 <i>Cereal</i> <i>Dried Pineapple Rings</i> <i>Whole Apple</i>  <b>Meatball Sub</b> <b>Marinara Sauce</b> <b>Hoagie Roll</b> <b>Cinnamon Apples</b> <b>Carrot Bites, Ranch Dip</b>  Sunflower Seeds 100% Fruit Juice	20 <i>Chicken Sausage</i> <i>Biscuit</i> <i>100% Juice</i> <i>Spiced Peaches</i>  <b>Cheese Stuffed</b> <b>Breadsticks</b> <b>Marinara Dipping</b> <b>Sauce</b> <b>Seasonal Fruit</b> <b>Steamed Mixed</b> <b>Veggies</b>  Turkey & Cheese Roll Up	21 <i>Blueberry Scone</i> <i>100% Juice</i> <i>Whole Orange</i>  <b>Seasoned Beef Chili</b> <b>Shredded Cheddar</b> <b>Homemade Cornbread</b> <b>Applesauce</b> <b>Baked Potato</b>  String Cheese WW Crackers	22 <i>Waffles, Syrup</i> <i>100% Juice</i> <i>Craisins</i>  <b>Chicken Mac N Cheese</b> <b>Seasonal Fruit</b> <b>Steamed Broccoli</b>  WW Graham Crackers 1% White Milk	23 <i>Pumpkin Bread</i> <i>Applesauce</i> <i>Dried Papaya</i>  <b>Chicken Nuggets</b> <b>Buttermilk Biscuit</b> <b>BBQ Sauce</b> <b>Fresh Whole Orange</b> <b>Baked Beans</b>  WW Pretzel Bites 100% Fruit Juice
26 <i>Cinnamon Raisin Bagel</i> <i>Cream Cheese</i> <i>Dried Pineapple Rings</i> <i>Whole Apple</i>  <b>Cheese Lasagna Roll</b> <b>Up</b> <b>In Marinara Sauce</b> <b>Applesauce</b> <b>Steamed Carrots</b>  WW Goldfish Crackers 100% Fruit Juice	27 <i>French Toast, Syrup</i> <i>100% Juice</i> <i>Whole Orange</i>  <b>Turkey Pepperoni</b> <b>Calzone</b> <b>Marinara Dipping</b> <b>Sauce</b> <b>Seasonal Fruit</b> <b>Romaine Salad</b> <b>Italian Dressing</b>  String Cheese WW Crackers	28 <i>Vanilla Yogurt</i> <i>Honey Granola</i> <i>100% Juice</i> <i>Sliced Peaches</i>  <b>Breakfast Burrito</b> <b>Scrambled Eggs</b> <b>Cheddar Cheese</b> <b>Fresh Banana</b> <b>Hash Browns</b>  Turkey & Cheese Roll Up	29 <i>Cereal</i> <i>100% Juice</i> <i>Craisins</i>  <b>Grilled Cheeseburger</b> <b>Wheat Bun, Ketchup</b> <b>Seasonal Fruit</b> <b>Baked Beans</b>  Cheesy WW Breadstick 1% White Milk	30 <i>Banana Bread</i> <i>String Cheese</i> <i>Applesauce,</i> <i>Dried Papaya</i>  <b>Chicken Fried Rice</b> <b>Mandarin Oranges</b> <b>Steamed Green Beans</b>  Cereal Bar 100% Fruit Juice

***\*This institution is an equal opportunity provider and employer.***

***\*\*All meals are served with a choice of 1% or skim white milk. Chocolate skim milk is offered on Fridays.***

***\*\*\* All grains served are whole grains.***

***\*\*\*\*This menu is subject to change based on item availability***