

Twin Peaks - Menú Escolar Primaria

Marzo 2018

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

DESAYUNO

Menú del Día Incluye:
Una Barra de Venduras Frescas ★ Leche

DIARIO SEGUNDA OPCIÓN

✓ Sandwich de queso/PBJ	✓ Fruta y yogur	✓ Quesadilla	✓ PBJ Sandwich	Pescado/Pan
 - Opción Vegetariana  Comida hecha en nuestra cocinas  Cultivado en Colorado Todos los menús están sujetos a cambio.			1  Pasta de pollo Pan Brócoli Arandano	2 Bolas de carne Ejotes Kiwi
5  Pan de queso con salsa Brócoli Manzana	6 Pollo con teriyaki Arroz Zanahoria Piña y narajas	7 Inicio tardío Pan tostado francés Salchicha Ensalada Pure de manzana	8 Sandwich de pollo Frijoles Narajas	9 No Escuela
12 No Escuela	13 Hot Dog con chile Frijoles Uvas	14 Hamburguesa Papas Kiwi	15 Carne Pan Papas Duraznos	16 Sandwich de pavo Pan Zanahoria Manzana con canela
19  Sandwich de queso Sopa Brócoli Manzana	20 Crispito con chile verde Arroz Frijoles Narajas	21 Pollo Verduras Pan Arandano	22 Pizza Ejotes Fruta tropical	23  Macarrones con queso Pan Brócoli Manzana
26	27	28	29	30
No Escuela				



★ Part-Time Kitchen Positions Available
 ★ 3-5 days/week - 3-4 hours/day
 Positions start at \$10.25/hour

Nutrition Services is Hiring!

★ Work while your child is in school
 ★ No kitchen experience required - we train you.

★ Interested in working for an amazing employer? Contact Shelly Allen at 303.682.7255

Non-Discrimination Statement:

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to:

USDA
Director, Office of Civil Rights
1400 Independence Avenue, S.W.,
Washington, D.C. 20250-9410

Or, call 800.795.3272 or
202.720.6382 (TTY).

USDA is an equal opportunity
provider and employer.

Questions regarding the menu?
Contact Shelly Allen at 303.682.7255
or allen_shelly@svvsd.org

Meal Prices

Breakfast

Elementary - \$1.50
K-12 Reduced - Free
Adult - \$2.00

Lunch

Elementary - \$3.00
K-5 Reduced - Free
Adult with Milk - \$4.00

Al a Carte Items

Salad Bar, Water, Juice or Milk 50¢

Students may bring cash, check or parents may pay on-line. In case of emergency, students in elementary may charge up to two meals. Secondary students are not allowed to charge meals.



Lunch Meal Patterns - Why We Serve What We Do

Nutrition standards are the foundation of federal school nutrition programs and were updated in 2010 to reflect the current Dietary Guidelines for Americans. The standards were established for menu planning by studying the nutritional needs of groups of children at different ages. Nutrition standards consist of the required food components, levels of calories, and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch over the course of 1 week.

All schools participating in the National School Lunch program must follow the food based menu planning approach. This menu planning approach focuses on food components, not nutrients. There are five food components that need to be offered for a reimbursable lunch. The five food components in school lunches are: fruit, vegetables, grains, meat/meat alternate, and milk.

The food based menu planning approach requires all 5 components at lunch. Menu planners must follow the meal pattern requirements for the three age/grade groups which are K-5, 6-8 and 9-12.

Meal Pattern	Amount of Food Per Week (Minimum per day)			
	5-day Week	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Fruit (cup)		2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cup)		3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green		½	½	½
Red/Orange		¾	¾	1 ¼
Beans/Peas (Legumes)		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional to reach total		1	1	1 ½
Grains (oz. eq)		8-9 (1)	8-10 (1)	10-12 (2)
Meat/Meat Alternate (oz. eq)		8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cup)		5 (1)	5 (1)	5(1)
Nutrient Standards		Grades K-5	Grades 6-8	Grades 9-12
Calories		550-650	600-700	750-850
Saturated Fat		<10%	<10%	<10%
Sodium (mg.)		≤1,230	≤1,360	≤1,420

Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit and/or vegetable. All juice must be 100% full-strength. The total weekly fruit/vegetable juice offerings may not exceed one-half of the total fruits/vegetables offered over the week. Minimum creditable serving is 1/8 cup. One quarter-cup of dried fruit counts as ½ cup of fruit.

Vegetable

Minimum creditable serving is 1/8 cup. One cup of leafy greens counts as ½ cup of vegetables. The Other vegetable requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups. Any vegetable subgroup may be offered to meet the Additional total weekly vegetable requirement.

Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>.

Meat / Meat Alternatives

Must use the Food Buying Guide, CN label, or product formulation statement to determine ounce equivalents.

Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).