

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

"Proveer de combustible para el Rendimiento Académico"

ALMUERZO

**Menú del Día Incluye:
Una Barra de Verduras Frescas ★ Leche**

<p>★ Exceptional Workers Wanted ★</p> <ul style="list-style-type: none"> • Work at your child's school or a school nearby! • Perfect position for parents who need to be home with school aged children! • Part-Time Cafeteria Positions Available • 2-3 hours/day - \$10.00/hour 	<p>✓ - Opción Vegetariana, o se puede hacer vegetariano.</p> <p>✍ Raspadito hechos en nuestras cocinas.</p> <p>Todos los menús están sujetos a cambio.</p>	<p>1</p> <p>Hamburguesa</p> <p>✓ PBJ Sándwich</p> <p>Ensalada con pollo de mandarina</p> <p>Yogur - Naranja</p>	<p>2</p> <p>Pizza, Italian Ensalada</p> <p>Grab & Go Elección</p> <p>Zanahorias</p> <p>Fruta</p>	
<p>5</p> <p>Papas con queso y brocoli</p> <p>Pan de trigo, Caesar de Pollo Ensalada,</p> <p>✓ PBJ Sándwich</p> <p>Zanahorias, Manzana</p>	<p>6</p> <p>✍ Pollo con teriyaki</p> <p>✓ Arroz, Ensalada con pollo</p> <p>Fruit & Cheese Plate</p> <p>Egg Roll / Fortune Cookie</p> <p>Kiwi</p>	<p>7</p> <p>Salida Temprano No Almuerzo</p>	<p>8</p> <p>Crispito / Chili Verde, PBJ Sándwich, Hamburguesa</p> <p>Ensalada con pollo de mandarina</p> <p>Frijoles</p> <p>Naranja</p>	<p>9</p> <p>Pizza, Italian Ensalada</p> <p>Grab & Go Elección</p> <p>Zanahorias</p> <p>Fruta</p>

SEMANA NACIONAL DEL ALMUERZOS ESCOLARES

<p>12</p> <p>✓ Pan Italian con salsa</p> <p>Marinara , Caesar de Pollo Ensalada,</p> <p>✓ PBJ Sándwich</p> <p>Zanahorias , Manzana</p>	<p>13</p> <p>✓ Pepitas de pollo,</p> <p>Puré de papas con jugo</p> <p>Ensalada de pollo</p> <p>Sub, PBJ Sándwich</p>	<p>14</p> <p>✍ Jamon y queso</p> <p>Sándwich, Papas dulces</p> <p>Sándwich de pollo</p> <p>Pizza, Yogur ✓</p> <p>Uvas</p>	<p>15</p> <p>✍ Fajitas con pollo</p> <p>Ensalada con pollo de mandarina, Hamburguesa</p> <p>✓ PBJ Sándwich, Frijoles</p> <p>Naranja</p>	<p>16</p> <p>No Escuela</p>
<p>19</p> <p>Pan de queso y Marinara</p> <p>Caesar de Pollo Ensalada,</p> <p>✓ PBJ Sándwich</p> <p>Yogur y Fruta, Zanahorias</p> <p>Manzana</p>	<p>20</p> <p>Sándwich de pollo, Sub estadounidense, Fruta y</p> <p>✓ queso, Ensalada con pollo</p> <p>Buffalo, Frijoles, PBJ Sándwich</p> <p>Kiwi</p>	<p>21</p> <p>Pollo, Ensalada de atún</p> <p>Pita, Ensalada de pasta</p> <p>✓ Yogur, Pizza,</p> <p>Sándwich de pollo</p> <p>Papas dulces</p>	<p>22</p> <p>Salida Temprano No Almuerzo</p>	<p>23</p> <p>No Escuela</p>
<p>26</p> <p>✓ Macarrones con queso</p> <p>Pan de trigo, Caesar de Pollo Ensalada, Sándwich de pollo, PBJ Sándwich</p> <p>Zanahorias, Manzana</p>	<p>27</p> <p>✍ Pollo parmesan Pasta</p> <p>PBJ Sándwich,</p> <p>✓ Fruta y queso, Ensalada con pollo Buffalo</p> <p>Brocoli</p> <p>Kiwi</p>	<p>28</p> <p>Pavo con queso envuelto</p> <p>✍ Salsa de garbanzo</p> <p>✓ Yogur, Sándwich de pollo</p> <p>Pizza, Uvas</p>	<p>29</p> <p>Bolas de carne con BBQ</p> <p>Pan Caserola de papas</p> <p>Ensalada con pollo de mandarina , PBJ Sándwich</p> <p>Hamburguesa, Naranja</p>	<p>30</p> <p>✍ Pizza, Italian Ensalada</p> <p>Grab & Go Elección</p> <p>Zanahorias</p> <p>Fruta</p>



SVVSD Celebrates National School Lunch Week!

Parents—do you know what’s being served in your child’s school cafeteria? The answer may surprise you!

Want to see first hand and maybe even win a prize?

National School Lunch Week is October 12-16 and SVVSD invites you to help us celebrate the week with **Take Your Parents to Lunch Day!**

Find a day during National School Lunch Week to join your student for lunch, take a Lunch Selfie featuring you, your student and your meal, and then send it to harter_sarah@svvdsd.org for a chance to win a prize!

Serving over 18,000 students every school day, SVVSD provides nutritionally balanced, low-cost and/or free meals to students.

Today’s school cafeterias are:

- ◇ Offering students fruits and vegetables every day,
- ◇ Increasing offerings of whole grains,
- ◇ Limiting calories, fat, and sodium to age-appropriate levels,
- ◇ Introducing locally-grown ingredients, chef-inspired recipes, and even daily salad bars that are free to all who eat school lunch.



So stop by, enjoy a meal with your student, and remember to SMILE!

Scan to Get Menu’s on Your Phone



Meal Prices

Breakfast	Lunch
Elementary - \$1.25	Elementary - \$2.75
K-12 Reduced - Free	K-5 Reduced - Free
Adult - \$2.00	Adult without Milk - \$3.25
	Adult with Milk - \$3.50

All 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.

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



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.

Busy Schedule? That’s OK...There is Still Time



The fall can be a very busy time for parents.

Time becomes precious in the midst of getting children off to school and to

extra-curricular activities, helping with homework, and tending to workplace and household responsibilities. Unfortunately, the first thing we often put off is our own workout!

But, the message is simple: the benefits of physical activity are numerous and can occur at relatively low volumes and in small bouts. Therefore, even in a busy agenda, there's time for staying active.

These tips will guide you through a fit and healthy this fall.

- Walk. It's simple and can be done anywhere.

- Take the stairs...try power walking them, then going two steps at a time...
- Active commute whenever possible. Walk the kids to school vs. driving them.
- Treat your lunch hour as your golden hour (visit a trail or park).
- Get active during your child’s afterschool programming. Walk/jog/run around the field as you watch his or her soccer practice.
- Note time spent web browsing and watching television and reduce that time a little each day (substitute screen time with backyard play with the kids).
- Exercise first thing in the morning so you won't put it off when you get busy later.
- Try adding multiple 10 minute bouts of activity throughout the day. Accumulating multiple bouts is equivalent to a longer session!