

**LUNES**

**MARTES**

**MIERCOLES**

**JUEVES**

**VIERNES**

*"Proveer de combustible para el Rendimiento Académico"*

**ALMUERZO**

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

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

**SEMANA NACIONAL DEL ALMUERZOS ESCOLARES**

<p><b>12</b></p> <p>✓ Pan Italian con salsa</p> <p>Marinara , Caesar de Pollo Ensalada,</p> <p>✓ PBJ Sándwich</p> <p>Zanahorias , Manzana</p>	<p><b>13</b></p> <p>✓ Pepitas de pollo,</p> <p>Puré de papas con jugo</p> <p>Ensalada de pollo</p> <p>Sub, PBJ Sándwich</p>	<p><b>14</b></p> <p>✍ Jamon y queso</p> <p>Sándwich, Papas dulces</p> <p>Sándwich de pollo</p> <p>Pizza, Yogur</p> <p>Uvas</p>	<p><b>15</b></p> <p>✍ Fajitas con pollo</p> <p>Ensalada con pollo de mandarina, Hamburguesa</p> <p>✓ PBJ Sándwich, Frijoles</p> <p>Naranja</p>	<p><b>16</b></p> <p><b>No Escuela</b></p>
<p><b>19</b></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><b>20</b></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><b>21</b></p> <p>Pollo, Ensalada de atún</p> <p>Pita, Ensalada de pasta</p> <p>✓ Yogur, Pizza, Sándwich de pollo</p> <p>Papas dulces</p>	<p><b>22</b></p> <p><b>Salida Temprano No Almuerzo</b></p>	<p><b>23</b></p> <p><b>No Escuela</b></p>
<p><b>26</b></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><b>27</b></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><b>28</b></p> <p>Pavo con queso envuelto</p> <p>✍ Salsa de garbanzo</p> <p>✓ Yogur, Sándwich de pollo</p> <p>Pizza, Uvas</p>	<p><b>29</b></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><b>30</b></p> <p>✍ Pizza, Italian Ensalada</p> <p>Grab &amp; 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@svvsd.org](mailto:harter_sarah@svvsd.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@svvsd.org](mailto:allen_shelly@svvsd.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!