

Twin Peaks



Septiembre 2016 - Elementary Menu






















LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
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ALMUERZO

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

DIARIO SEGUNDA OPCIÓN

 PBJ Sándwich	Ensalada de Tuna/Huevos	 Yogur	Ensalada	Sándwich de Pavo
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 - Opción Vegetariana  Comida hecha en nuestra cocinas  - Cultivado en Colorado Todos los menús están sujetos a cambio.			1 Carne Pan de trigo Puré de papas Plátano	2 Taco de pollo Frijoles Fruta congelada	
	5 No Escuela	6 Pollo Pan de trigo Puré de papas Naranjas	7 Tarde Dia de Inicio Pan Tostado Francés Salchicha Verduras Duranznos	8 Bolas de carne con BBQ Pan de trigo Caserola de papas Melón dulce 	9  Envueltos de Pavo Ensalada de pasta Zanahoria Pera
	12 Pizza Crunchers with  Marinara Sauce, Blanched Broccoli Fresh Peach	13 Orange Chicken Asian Style Rice Egg Roll/Fortune Cookie Mixed Veggies, Tropical Fruit	14  Nachos con queso y chili <i>Mission Chips- Denver, CO</i> Frijoles <i>Tico's Foods- Denver, CO</i> Manzana <i>Hotchkiss, CO</i>	15 Sándwich de BBQ Maiz Sandia 	16  Pizza Zanahoria Ciruela
	19 Pan Italiano con salsa  Brocoli Manzana	20 Hamburguesa con queso Frijoles  Duraznos	21 Crispito con chili verde Maiz Piña	22 Italiano Pasta  Pan de trigo Ejotes Sandia 	23 Sándwich de pollo Papas dulces Melón
	26  Burrito con frijole y  queso Arroz & Frijoles Manzana	27  Pollo asado Ensalada de pasta Pan Sandia 	28  Pollo con pasta Pan de trigo Ejotes Duraznos 	29  Sloppy Joes Papas Melón	30  Pizza Brocoli Uvas

Meal Prices

Breakfast

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

Lunch

Elementary - \$2.75
K-5 Reduced - Free
Adult without Milk - \$3.50
Adult with Milk - \$3.75

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.

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



September Harvest of the Month - Apples

Apple Pasta Salad

Ingredients

- 2 cups cooked mini wagon wheel pasta
- 1 small Granny Smith apple, core and chopped
- 1/2 medium cucumber, seeded and chopped
- 1/4 cup chopped toasted pecans
- 1/4 cup golden raisins
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley (optional)



Instructions

- In a large bowl, combine the pasta, apple, cucumber, pecans, raisins, olive oil, salt, and pepper. Cover and chill until serving time (up to 6 hours).

Homemade Apple Chips

Ingredients

- 1-1/2 teaspoon granulated sugar
- 1/8 teaspoon nutmeg
- 2 gala apples, unpeeled and cored



Instructions

- Position oven racks in top and bottom thirds of oven. Preheat to 225F. Line 2 large baking sheets with parchment paper.
- Stir sugar with nutmeg in a small bowl.
- Slice apples into very thin, 1-mm rounds with a mandolin or sharp knife. Arrange slices in a single layer on prepared sheets. Sprinkle with nutmeg-sugar mixture.
- Bake in top and bottom thirds of oven until edges are ruffled, 1 hour. Flip apple slices. Switch sheet positions on oven racks and continue baking until apple slices are golden, 1 more hour. Apple slices will crisp up as they cool.

Recipes Courtesy of: Parents.com and WalmartLiveBetter.ca

SVVSD Celebrates Colorado Proud School Meal Day

St. Vrain Valley School District will be participating in **Colorado Proud School Meal Day** on **Wednesday, September 14, 2016.**



The Colorado Departments of Agriculture and Education invite Colorado schools to participate in this annual event to celebrate Colorado agriculture and to educate schoolchildren about healthy eating.

In order to encourage eating habits that will promote a lifetime of optimal health, it is essential to teach children about the importance of eating foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products. Proper nutrition is critical if our educational programs and our students are going to continue to excel.

Colorado farmers and ranchers produce food

items that provide the nutrients children and adults need to thrive.

Agribusinesses contribute more than \$40 billion to the state economy annually and provide more than 170,000 jobs. With more than 37,000 farms and ranches encompassing 31 million acres, it is easy to understand the value this industry adds to Colorado.

Did you know that SVVSD's Nutrition Services served over 900,000 pounds of locally grown fresh fruits and vegetables last year alone?

Check your local grocery store or farmers market to buy locally too! Thank you for helping us celebrate this year's Colorado Proud School Meal Day.

Article Courtesy of: Colorado.gov

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. USDA is an equal opportunity provider and employer.

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).

