

# Twin Peaks



















## September 2016 - Secondary Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### LUNCH

Daily Lunch Menu Includes:  
Fresh Veggies or Salad Bar ★ Milk

### DAILY SECOND CHOICE OPTION

PBJ Sandwich Taco Salad Spicy/Regular Chicken Sand.	Tuna Salad Sandwich Buffalo Chicken Salad Hamburger or Cheeseburger	Egg Salad Sandwich Chicken Caesar Salad Yogurt Basket	Fruit & Yogurt Parfait Chef Salad Spicy/Regular Chicken Sand.	Turkey Sandwich Italian Deli Salad Ranch Burger
 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.			<b>1</b> Beef Tenders Whole Wheat Roll Mashed Potatoes & Gravy, Fresh Banana	<b>2</b> Chicken Indian Taco Refried Beans Frozen Fruit Treat
<b>5</b> <div style="background-color: #808080; color: white; padding: 5px; text-align: center; font-weight: bold;">No School</div>	<b>6</b> Chicken Tenders Whole Wheat Roll Mashed Potatoes & Gravy, Orange Smiles	<b>7</b> <span style="background-color: #808080; color: white; padding: 2px;">Late Start Day</span> French Toast Sticks Sausage Patties Fresh Veggies Chilled Diced Peaches	<b>8</b> BBQ Meatballs Whole Grain Dinner Roll Scalloped Potatoes Fresh Honeydew 	<b>9</b> Turkey Wrap Tex Mex Pasta Salad Fresh Carrots Diced Pears
<b>12</b> Pizza Crunchers with Marinara Sauce, Blanched Broccoli Fresh Peach	<b>13</b> Orange Chicken Asian Style Rice Egg Roll/Fortune Cookie Mixed Veggies, Tropical Fruit	<b>14</b>  Chili Cheese Nachos <i>Mission Chips- Denver, CO</i> Refried Beans <i>Tico's Foods- Denver, CO</i> Wacky Apples <i>Hotchkiss, CO</i>	<b>15</b> BBQ Rib Sandwich Sweet Corn Fresh Watermelon 	<b>16</b> St. Vrain Fresh Baked Pizza Variety Steamed Carrots Fresh Plum
<b>19</b> Italian Dunkers Steamed Broccoli Fresh Apple	<b>20</b> Cheeseburger Baked Beans Fresh Peach	<b>21</b> Crispito w/Green Chili Sweet Corn Pineapple Tidbits	 <b>22</b> Italian Shells Whole Grain Breadstick Green Beans Fresh Watermelon 	<b>23</b> Chicken Sandwich Sweet Potato Fries Fresh Cantaloupe
 <b>26</b> Bean & Cheese Burrito Santa Fe Rice & Beans Fresh Apple	 <b>27</b> Roasted Chicken  Tex Mex Pasta Salad Bread Stick Fresh Watermelon 	 <b>28</b> Chicken & Noodles Whole Grain Dinner Roll Green Beans  Fresh Peach	 <b>29</b> Sloppy Joes Potato Wedges Fresh Cantaloupe 	 <b>30</b> St. Vrain Fresh Baked Pizza Variety  Steamed Broccoli Fresh Grapes

## 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@svvsd.org](mailto:allen_shelly@svvsd.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).

