ST. VRAIN
academic excellence by design

April 2017
Breakfast In The Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast In The Classroom				
3 Cereal Bar String Cheese Applesauce Cup Juice	**4** Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	**5** Late Start Day Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	**5** Mini French Toast Raisins Juice	**7** Muffin String Cheese Fresh Fruit Juice
10 PBJ Sandwich String Cheese Applesauce Cup Juice	**11** Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	**12** Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	**13** Fruit Filled Strudel Raisins Juice	**14** Mini Graham Crackers Yogurt Cup Fresh Fruit Juice
17 Cereal Bar String Cheese Applesauce Cup Juice	**18** Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	**19** Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	**20** Mini French Toast Raisins Juice	**21** Muffin String Cheese Fresh Fruit Juice
24 PBJ Sandwich String Cheese Applesauce Cup Juice	**25** Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	**26** Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	**27** Fruit Filled Strudel Raisins Juice	**28** Mini Graham Crackers Yogurt Cup Fresh Fruit Juice

"Providing Fuel For Student Achievement"

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Harvest of the Month - Spinach

Mini Spinach and Cheese Pizza Rolls

Ingredients

- 1 small yellow onion, finely chopped
- 1 clove garlic, minced
- 1 T olive oil plus 1 teaspoon
- 3 oz. package fresh baby spinach
- 1/4 t. salt
- 1/8 t. ground black pepper
- 1/2 of a 13.8 oz. package of pizza dough
- 2 T shredded mozzarella
- 2 T finely shredded Parmesan cheese

Instructions

1. Preheat oven to 375 degree F. Grease 12 mini muffin cups; set aside.
2. In a large skillet cook onion and garlic in 1 t. of the oil until tender. Add spinach; cook and stir over medium heat just until wilted. Drain off excess liquid. Stir in salt and pepper. Let cool.
3. On a well-floured surface, unroll pizza dough and shape into a 12×4-inch rectangle. Brush surface of dough with the remaining 1 t. oil. Spread spinach mixture to within 1 inch of the edges of dough. Sprinkle with cheese. Starting with one of the long sides, roll dough into a spiral.
4. Slice roll into 12 pieces. Place cut side up in prepared muffin cups. Sprinkle with Parmesan cheese. Bake for 16 to 18 minutes or until golden brown. Let stand in muffin cups for 2 minutes. Carefully remove from cups and serve warm. Makes 12 rolls.

Recipes Courtesy of: MomToMomNutrition.com

Scan to Get Menu's on Your Phone

Meal Prices

Breakfast	Lunch
Elementary - $1.50	Elementary - $2.75
K-12 Reduced - Free	K-5 Reduced - Free
Adult - $2.00	Adult - $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

Make online payments at: mySchoolBucks

Spring Into Physical Activity as a Family

If your kids are bored and you don't know what to do, it's the perfect time to get the whole family moving! Exercising as a family is a great way to spend quality time together, enjoy the warm weather, and show your children that staying fit is an important priority at every age.

Here's how all of you can have fun and stay active during your Spring Break, and how you can make physical activities a priority for your family on the weekends too:

- Remember the classics: kids love when parents join in on Hide and Seek, Simon Says, Red Light/Green Light, or fun run races in the backyard.
- Take family walks and hikes. Bring a picnic to build in some rest time.
- Be a tourist. Visit a museum, the zoo or check out the offerings at the local farmer's market.
- Don't let bad weather stop you in your tracks. Play physically demanding interactive video games. Or, move the old fashioned way by turning up your kids' favorite songs and showing them your dance moves.
- Start a family bowling tournament or try a game of mini-golf.
- Play kickball, softball, or shoot some hoops.
- Start a vegetable garden. Maintaining a garden can be a great activity, and children will be more likely to eat their vegetables if they took part in growing them.

Article Courtesy of: Dukehealth.org