

Desayuno en el Salón Menú

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
-------	--------	-----------	--------	---------

DESAYUNO en el SALON

3 Barra de cereales Queso Puré de manzana Jugo	4 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	5 Tarde Dia de Inicio Pan de desayuno Fruta fresca Jugo	5 Pequeños tostados a la francesa Craisins Jugo	7 Galletas Graham Yogur Fruta fresca Jugo
10 PBJ Puré de manzana Jugo	11 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	12 Pan de desayuno Fruta fresca Jugo	13 Pan lleno con fruta Craisins Jugo	14 Muffin queso Fruta fresca Jugo
17 Barra de cereales Queso Puré de manzana Jugo	18 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	19 Pan de desayuno Fruta fresca Jugo	20 Pequeños tostados a la francesa Craisins Jugo	21 Galletas Graham Yogur Fruta fresca Jugo
24 PBJ Puré de manzana Jugo	25 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	26 Pan de desayuno Fruta fresca Jugo	27 Pan lleno con fruta Craisins Jugo	28 Muffin queso Fruta fresca Jugo

"Proveer de combustible para el Rendimiento Academico"

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.

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 12x4-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

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



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