

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## BREAKFAST

**Daily Breakfast Menu Includes:**  
(Served in Select Schools Only)








Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk

Cereal Bar or PBJ Sandwich	Breakfast Bar	Breakfast Bread	Mini Fr. Toast or Frudel	Muffin/String Cheese
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## LUNCH

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

## DAILY SECOND CHOICE OPTION

 PBJ Sandwich Taco Salad	Tuna Salad Sandwich Buffalo Chicken Salad	 Yogurt Basket Chicken Caesar Salad	Spicy/Regular Chick Sandwich Chef Salad	Turkey Sandwich Italian Deli Salad
<b>3</b>	<b>4</b>	<b>5</b> <span style="background-color:#808080; color:white; padding: 2px;">Late Start Day</span>	<b>5</b> <b>GO ROCKIES!</b>	<b>7</b>
Italian Dunkers  with marinara sauce Steamed Broccoli Fresh Apple Wedges	Crispito w/green chili Refried Beans Chilled Diced Peaches	French Toast Sticks Sausage Patties Fresh Veggies Fresh Banana	Hot Dog on WG Bun with condiments Oven Baked Fries Frozen Fruit Juice Cup	Fish Treasures Graham Crackers Sweet Potato Fries Tropical Fruit
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Bosco Sticks  with marinara sauce Steamed Broccoli Fresh Apple Wedges	Cheeseburger with condiments Baked Beans Chilled Diced Peaches	Turkey & Gravy over Mashed Potatoes WG Dinner Roll Green Beans Dried Cranberries	Meatball Sub Sandwich Oven Baked Fries Fresh Grapes	 St. Vrain Fresh Baked Pizza Variety Steamed Carrots Tropical Fruit
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
 Spaghetti Bake  Breadstick Steamed Broccoli Cinnamon Apple Slices	Orange Chicken Asian Style Rice Mixed Veggies Tropical Fruit	Rib Sandwich with BBQ sauce Baked Beans Frozen Fruit Juice Cup	Beef Tenders Warm Biscuit Mashed Potatoes & Gravy Chilled Diced Peaches	Italian Panini Sandwich Sweet Potato Fries Fresh Grapes
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Macaroni & Cheese  Breadstick Steamed Broccoli Fresh Apple Wedges	Chicken Tenders Mashed Potatoes/Gravy Warm Biscuit Chilled Diced Peaches	 Chicken & Noodles WG Dinner Roll Green Beans Tropical Fruit	Outrageous Chicken Nachos Chickpea Pico de Gallo Fresh Grapes	Pepperoni Pinwheel Sandwich Steamed Carrots Cinnamon Apple Slices
				 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.

### Non-Discrimination Statement:

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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).

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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](mailto: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