

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

Muffin/String Cheese Or Frudel	French Toast / Sausage	Breakfast Pizza	Breakfast Bar	Breakfast Sandwich
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LUNCH


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

DAILY SECOND CHOICE OPTION

 PBJ Sandwich	Egg or Tuna Salad Sandwich	 Yogurt Basket	Chef Salad Or Fruit & Cheese Plate	Turkey Sandwich Or Yogurt Parfait
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3 Italian Dunkers  with marinara sauce Steamed Broccoli Fresh Apple Wedges	4 Crispito w/green chili Refried Beans Chilled Diced Peaches	5 Late Start Day French Toast Sticks Sausage Patties Fresh Veggies Fresh Banana	5 GO ROCKIES! Hot Dog on WG Bun with condiments Oven Baked Fries Frozen Fruit Juice Cup	7 Fish Treasures Graham Crackers Sweet Potato Fries Tropical Fruit
10 Bosco Sticks  with marinara sauce Steamed Broccoli Fresh Apple Wedges	11 Cheeseburger with condiments Baked Beans Chilled Diced Peaches	12 Turkey & Gravy over Mashed Potatoes WG Dinner Roll Green Beans Dried Cranberries	13 Meatball Sub Sandwich Oven Baked Fries Fresh Grapes	14  St. Vrain Fresh Baked Pizza Variety Steamed Carrots Tropical Fruit
17  Spaghetti Bake  Breadstick Steamed Broccoli Cinnamon Apple Slices	18 Orange Chicken Asian Style Rice Mixed Veggies Tropical Fruit	19 Rib Sandwich with BBQ sauce Baked Beans Frozen Fruit Juice Cup	20 Beef Tenders Warm Biscuit Mashed Potatoes & Gravy Chilled Diced Peaches	21 Italian Panini Sandwich Sweet Potato Fries Fresh Grapes
24 Macaroni & Cheese  Breadstick Steamed Broccoli Fresh Apple Wedges	25 Chicken Tenders Mashed Potatoes/Gravy Warm Biscuit Chilled Diced Peaches	26  Chicken & Noodles WG Dinner Roll Green Beans Tropical Fruit	27 Outrageous Chicken Nachos Chickpea Pico de Gallo Fresh Grapes	28 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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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