

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
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DESAYUNO

Menú diario de desayuno incluye:
 (Se Sirve Solamente en Algunas Escuelas)
 Cereal ★ Fruta ★ Avena ★ Yogur ★ Fruta de Jugo ★ Leche

Mollete y Queso de Hebra	Pan Tostado Francés	Pizza de desayuno	Dessayuno Bar	Panecitos con salsa
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ALMUERZO

Menú del Día Incluye:
 Una Barra de Venduras Frescas ★ Leche

DIARIO SEGUNDA OPCIÓN

✓ PBJ Sándwich	Ensalada de Tuna/Huevos	✓ Yogur	Plato de fruta y queso	Sándwich de Pavo
3 Pan Italiano con salsa Brocoli Manzana	4 Crispito con chile Verde Frijoles Duraznos	5 Dia de entrada tarde Pan tostado francés Salchicha Verduras Plátano	5 GO ROCKIES! Hot Dog Papas Fruta congelada	7 Pescado Galletas Papas dulce Fruta tropical
10 Pan de queso con salsa Brocoli Manzana	11 Hamburguesa con queso Frijoles Duraznos	12 Pavo Papas Pan de trigo Ejotes Arándano	13 Bolas de carne sandwich Papas Uvas	14 Pizza Zanahoria Fruta tropical
17 Pasta Pan Brocoli Manzanas con canela	18 Pollo con naranja Arroz Veduras Fruta tropical	19 Cerdo de BBQ Frijoles Fruta congelada	20 Carne Pan Papas Duranzos	21 Italiano Sandwich Papas dulce Uvas
24 Macarrones con queso Pan Brocoli Manzanas	25 Pollo Papas Pan Duranzos	26 Pollo con pasta Pan Ejotes Fruta tropical	27 Nachos de Pollo Pico de Gallo de garbanzo Uvas	28 Pepperoni de Sandwich Zanahoria Manzanos con canela
				- Opción Vegetariana - Comida hecha en nuestra cocinas - Cultivado en Colorado Todos los menús están sujetos a cambio.

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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