

May 2017 - Elementary Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

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












Hard Boiled Egg ★ Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk

Muffin or Fruit Strudel	French Toast & Sausage	Breakfast Pizza	Breakfast Bread Variety	Biscuit Sandwich
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LUNCH

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

DAILY SECOND CHOICE OPTION

 PBJ Sandwich	Tuna Salad Sandwich	 Yogurt Basket	 Fruit & Cheese Plate or Bento Box	Yogurt Parfait
1  Italian Dunkers with Marinara Steamed Broccoli Fresh Apple Wedges	2  Chicken Street Tacos with condiments Sweet Corn Fresh Strawberries	3 Late Start Day French Toast Sticks Sausage Patties Fresh Veggie Patch Cinnamon Apples	4 Beef Tenders Dinner Roll Mashed Potatoes/Gravy Chilled Diced Peaches	5 Crispito Refried Beans Santa Fe Rice Frozen Fruit Juice
8  Bosco Sticks with Marinara Sauce Mixed Veggies Fresh Apple Wedges	9 Italian Panini Sandwich Sweet Potato Fries Fresh Grapes	10 Hot Dog on WG Bun Baked Fries with Ketchup Fresh Pear	11 Chicken Sandwich with condiments Baked Beans Fresh Strawberries	12  St. Vrain Fresh Baked Pizza Steamed Broccoli Tropical Fruit Mix
15  Macaroni & Cheese Breadstick Steamed Broccoli Fresh Apples	16 Chicken Tenders Warm Biscuit Mashed Potatoes/Gravy Chilled Diced Pears	17 Pepperoni Pinwheel Sandwich Sweet Potato Fries Fresh Grapes	18 Manager's Choice Baked Beans Fresh Strawberries	19 Manager's Choice Fresh Veggie Patch Fresh Pear
22 Manager's Choice Steamed Broccoli Fresh Apple Wedges	23 Manager's Choice Steamed Carrots Fresh Strawberries	24 Manager's Choice Fresh Veggie Patch Fresh Grapes		
				 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.

Harvest of the Month - Peas

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.

Questions regarding the menu?

Contact Shelly Allen at 303.682.7255
or allen_shelly@svvsd.org

Green peas may look small and unimportant, but those little green globes that you find on your lunch tray or in your bowl of soup actually pack a big punch when it comes to flavor and health.

In terms of your health, peas have a nice amount of protein for their small size. When you eat protein it helps you feel full and it is very important for helping you build muscles. Peas also contain fiber, which most of us don't eat enough of!

Orzo, Snap Peas & Parmesan

- 1 ½ lbs sugar snap peas
- 1 lb orzo (or any small pasta)
- 1 tsp lemon zest
- ¼ cup grated parmesan
- drizzle olive oil
- dash salt and pepper

Recipe Courtesy of: WhatsUpForKids.com

1. Bring a large pot of water to a rolling boil. Add a small handful of salt. Add the snap peas and cook for 30-60 seconds until bright green. Use a slotted spoon or hand-held strainer to remove from pot and place into a big bowl.



2. Add the orzo to the water, stirring as you go so they don't clump together. Cook according to package instructions.
3. Scoop ¼ of water from the pot and add to the peas in the bowl. Drain the pasta and add the hot orzo to the bowl, along with the lemon zest and parmesan.
4. Add a drizzle of olive oil and toss everything together. Taste and add salt and pepper as needed. Serve hot.

Get Movin' In May

May is National Physical Fitness and Sports Month. Let's celebrate and get active!

As you probably know, regular physical activity is good for your health. Did you know that adults should get at least 30 minutes and children at least 60 minutes of physical activity per day? But where do you start?

If you are just getting started, start out slow and increase physical activities gradually. As time goes on, you will be able to do them longer and more often.

Choose physical activities you are able to do and enjoy, so you will stick with them. It is always a good idea to check with your doctor about which type of physical activities are right for you. People of all ages and body sizes benefit from physical activities, even if you feel you are out of shape or have not exercised in a long time.

An active lifestyle can also help lower your risk of many chronic diseases such as heart disease, diabetes, stroke, and cancer. It may be a challenge getting started but it can be done. Start slow, and if you are unable to do an activity, don't be too hard on yourself.



Instead, be proud of what you can do, and for pushing yourself to do it.

Maintaining an active lifestyle requires making a commitment to yourself and your health. Try these suggestions to help keep you active:

- Set goals and rewards – set short term and long term goals. Reward yourself when you reach your goals. Some ideas can be new exercise gear, music, or going to see a movie with a friend.
- Find a support system – get an exercise buddy! This will help you stick with being active and it can be more fun.
- Track your progress – keeping track will help you realize how far you have come.
- Appreciate yourself – be proud of your progress and accomplishments.

Article Courtesy of: HealthFinder.com

Meal Prices

Breakfast

Elementary - \$1.50
K-12 Reduced - Free
Adult - \$2.00

Lunch

Elementary - \$2.75
K-5 Reduced - Free
Adult with Milk - \$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.

