

Agosto 2017

Desayuno en el Salón Menú

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
DESAYUNO				
	15 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	16 Pan de desayuno Fruta fresca Jugo	17 Pequeños tostados a la francesa Craisins Jugo	18 Muffin queso Fruta fresca Jugo
21 PBJ Puré de manzana Jugo	22 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	23 Pan de desayuno Fruta fresca Jugo	24 Pan lleno con fruta Craisins Jugo	25 Galletas Graham Yogur Fruta fresca Jugo
28 Barra de cereales Queso Puré de manzana Jugo	29 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	30 Pan de desayuno Fruta fresca Jugo	31 Pequeños tostados a la francesa Craisins Jugo	

"Proveer de combustible para el Rendimiento Academico"

August Harvest of the Month - Peaches

Peach and Blueberry Cobbler



Ingredients

- 3 tablespoons unsalted butter
- 3 tablespoons canola oil
- 1 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup reduced-fat milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 3 ripe but firm peaches, (about 1 pound), pitted and sliced into eighths
- 2 cups (1 pint) blueberries

Preparation

1. Preheat oven to 350°F.
2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.
5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

Nutrition Information per serving: 182 calories; 8g fat (3g sat, 3g mono); 11mg cholesterol; 26g carbohydrates; 3g protein; 3g fiber; 212mg sodium; 140mg potassium.

Recipes Courtesy of: EatingWell.com

Meal Prices

Breakfast

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

Lunch

Elementary - \$3.00
K-5 Reduced - Free
Adult - \$4.00

À la Carte Items

Water, Juice or Milk -50¢
Salad Bar—\$1.00

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 allowed one emergency meal.

Questions regarding the menu?

Contact Shelly Allen at
303.682.7255 or
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Fresh Salad Bar

Did you know ALL SVVSD schools will feature a fresh salad bar at lunch everyday!?

Both academic research and actual experience in schools across the country are increasingly demonstrating that school children significantly increase their consumption of vegetables when given a variety of choices in a school vegetable salad bar. When offered multiple vegetable choices, children respond by trying new items, incorporating greater variety into their diets, and increasing their daily consumption of fruits and vegetables.

The benefit of salad bars in schools extends beyond the healthy foods consumed during the



lunch hour. Increased daily access to a variety of fruits and vegetables provides a personal experience about choices that can shape behavior far beyond the school lunch line. Children learn to make decisions that carry over

outside of school, providing a platform for a lifetime of healthy snack and meal choices.¹

Want to see the new salad bars? Stop in and eat lunch with your student to check out all the new options your student has to choose from. Then start introducing what you see at home!

Did you pack your students lunch today? No problem! The salad bar is available a la carte for only \$1.00!