






## August 2017 - Elementary Menu



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### LUNCH

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

### DAILY SECOND CHOICE OPTION

 Grilled Cheese Sandwich	 Fruit & Yogurt Parfait	 Hummus Platter	 PBJ Sandwich	 Egg Protein Box
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 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.									
	<b>15</b> Pepperoni Pinwheel  Pasta Salad Steamed Carrots  Palisade Peach	<b>16</b> BBQ Chicken Warm Dinner Roll Sweet Potato Wedges  Rocky Ford Cantaloupe	<b>17</b> Turkey Panini Sandwich Pretzels Baked Beans Fresh Plums	<b>18</b>  St. Vrain Fresh Baked Pizza Green Beans  Fresh Watermelon					
<b>21</b>  Bean & Cheese Burrito  Corn Chips & Salsa Sweet Colorado Corn Fresh Pineapple	<b>22</b>  Twisted Dog Baked Beans Steamed Carrots  Palisade Peach	<b>23</b> Chicken Parmesan Black Pepper Pasta  Steamed Broccoli Fresh Plum	<b>24</b> Chicken Tenders Fresh Baked Dinner Roll Mashed Potatoes/Gravy Fresh Strawberries	<b>25</b> Meatball Sub Sandwich Westview Wedge Potatoes Green Beans  Fresh Watermelon					
<b>28</b>  Penne Pasta Bake  Cheesy Breadstick  Steamed Broccoli Fresh Plum	<b>29</b> Chicken Sandwich Ranch Potato Wedges Baked Beans  Rocky Ford Cantaloupe	<b>30</b> Crispito w/Green Chili Spanish Rice  Mexican Pintos Fresh Strawberries	<b>31</b> Orange Chicken w/ Eggroll Asian Style Rice Steamed Carrots  Fresh Pears						

## 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  
[allen\\_shelly@svvsd.org](mailto:allen_shelly@svvsd.org)



### 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.

## 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.<sup>1</sup>

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!**