

Twin Peaks





August 2017 - Secondary 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 Taco Salad Spicy/Regular Chicken Sand.	 Fruit & Yogurt Parfait Buffalo Chicken Salad Hamburger or Cheeseburger	 Hummus Veggie Basket Chicken Caesar Salad Bean Burrito	Chef/Chicken Mandarin Salad Spicy/Regular Chicken Sand. American Ciabatta Sandwich	 Egg Protein Box Italian Deli Salad Ranch Burger
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 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.				
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	15 Pepperoni Pinwheel  Pasta Salad Steamed Carrots  Palisade Peach	16 BBQ Chicken Warm Dinner Roll Sweet Potato Wedges  Rocky Ford Cantaloupe	17 Turkey Panini Sandwich Pretzels Baked Beans Fresh Plums	18  St. Vrain Fresh Baked Pizza Green Beans  Fresh Watermelon
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21  Bean & Cheese Burrito   Corn Chips & Salsa Sweet Colorado Corn Fresh Pineapple	22  Twisted Dog Baked Beans Steamed Carrots  Palisade Peach	23 Chicken Parmesan  Black Pepper Pasta  Steamed Broccoli Fresh Plum	24 Chicken Tenders Fresh Baked Dinner Roll Mashed Potatoes/Gravy Fresh Strawberries	25 Meatball Sub Sandwich Westview Wedge Potatoes Green Beans  Fresh Watermelon
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28  Penne Pasta Bake  Cheesy Breadstick  Steamed Broccoli Fresh Plum	29 Chicken Sandwich Ranch Potato Wedges Baked Beans  Rocky Ford Cantaloupe	30 Crispito w/Green Chili Spanish Rice  Mexican Pintos Fresh Strawberries	31 Orange Chicken w/ Eggroll Asian Style Rice Steamed Carrots  Fresh Pears	
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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



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.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!