

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

ALMUERZO

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

DIARIO SEGUNDA OPCIÓN

 Sándwich de queso	 Frutas y Yogur	 Hummus Plato	 PBJ Sándwich	 Proteína de huevo
 - Opción Vegetariana  - Comida hecha en nuestra cocinas  - Cultivado en Colorado Todos los menús están sujetos a cambio.				
	15 Sándwich de Pepperoni  Ensalada de pasta Zanahorias  Durazno	16 Pollo con BBQ Pan Papas dulce  Melón	17 Sándwich de pavo Galleta Frijoles Ciruela	18  Pizza Ejotes  Melón
21  Burrito con frijoles y queso Totopos de maíz y Salsa Piña	22  Hot Dog Frijoles Zanahorias  Durazno	23 Pollo parmesano Pasta Brocoli Ciruela	24 Pollo Pan Púre de papas  Fresa	25 Sándwich de albóndiga Papas Ejotes  Melón
28  Pasta Pan de queso Brocoli Ciruela	29 Sándwich de Pollo Papas Frijoles  Melón	30 Crispito con chile verde Arroz Frijoles Fresa	31 Pollo con naranja Arroz Zanahorias  Pera	

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:

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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).

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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!