

## Desayuno en el Salón Menú

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>DESAYUNO</b>				
				<b>1</b> Muffin queso Fruta fresca Jugo
<b>4</b> <b>No Escuela</b>	<b>5</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>6</b> <b>Tarde Día de Inicio</b> Pan de desayuno Fruta fresca Jugo	<b>7</b> Pan lleno con fruta Craisins Jugo	<b>8</b> Galletas Graham Yogur Fruta fresca Jugo
<b>11</b> Barra de cereales Queso Puré de manzana Jugo	<b>12</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>13</b> Pan de desayuno Fruta fresca Jugo	<b>14</b> Pequeños tostados a la francesa Craisins Jugo	<b>15</b> Muffin queso Fruta fresca Jugo
<b>18</b> PBJ Puré de manzana Jugo	<b>19</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>20</b> Pan de desayuno Fruta fresca Jugo	<b>21</b> Pan lleno con fruta Craisins Jugo	<b>22</b> Galletas Graham Yogur Fruta fresca Jugo
<b>25</b> Barra de cereales Queso Puré de manzana Jugo	<b>26</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>27</b> Pan de desayuno Fruta fresca Jugo	<b>28</b> Pequeños tostados a la francesa Craisins Jugo	<b>29</b> Muffin queso Fruta fresca Jugo

## Meal Prices

### Breakfast

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

### Lunch

Elementary - \$3.00  
K-5 Reduced - Free  
Adult without Milk - \$4.00

### Al a 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)



## September Harvest of the Month - Apples

### Homemade Apple Chips

#### Ingredients

- Cooking Spray
- 2 medium pear(s)
- Bosc, halved, cored
- 2 medium apple(s), Gala, Red Delicious or Granny Smith, halved, cored
- 1/2 tsp cinnamon
- 6 tsp sugar or sweetener of choice



#### Instructions

1. Preheat oven to 325°F. Coat 2 baking sheets with cooking spray.
2. Using a very sharp knife, or slicing blade of a food processor, slice pears and apples into 1/8-inch-thick slices.
3. In a small bowl, mix together cinnamon and sugar. Place fruit slices in a single layer on baking sheets and sprinkle with cinnamon mixture. Bake, rotating baking sheets halfway through baking, until crisp and lightly browned, about 30 to 45 minutes.

\* Tip: You can make these with our without the cinnamon and sugar.

#### Nutrition Information:

Serving size: 1 Apple (170g), Calories: 90, 0g fat, 0g Saturated Fat, 0g Unsaturated fat, 0g Trans Fat, 23.8g Carbohydrates, 15g Sugar, 1mg Sodium, 3.4g Fiber, 0g Protein, 0g Cholesterol

## SVVSD Celebrates Colorado Proud School Meal Day

St. Vrain Valley School District will be participating in **Colorado Proud School Meal Day** on **Wednesday, September 13, 2016.**



The Colorado Departments of Agriculture and Education invite Colorado schools to participate in this annual event to celebrate Colorado agriculture and to educate schoolchildren about healthy eating.

In order to encourage eating habits that will promote a lifetime of optimal health, it is essential to teach children about the importance of eating foods such as fruits, vegetables, whole grains, lean meats and low-fat dairy products. Proper nutrition is critical if our educational programs and our students are going to continue to excel.

Colorado farmers and ranchers produce food

items that provide the nutrients children and adults need to thrive.

Agribusinesses contribute more than \$40 billion to the state economy annually and provide more than 170,000 jobs. With more than 37,000 farms and ranches encompassing 31 million acres, it is easy to understand the value this industry adds to Colorado.

**Did you know that SVVSD's Nutrition Services served over 900,000 pounds of locally grown fresh fruits and vegetables last year alone?**

Check your local grocery store or farmers market to buy locally too! Thank you for helping us celebrate this year's Colorado Proud School Meal Day.

Article Courtesy of: [Colorado.gov](http://Colorado.gov)

#### 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).

