

Twin Peaks





September 2017 - Secondary Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------


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
--	--	--	--	---

 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.				1  Chicken Bacon Ranch Fresh Baked Pizza Green Beans Fresh Watermelon
---	--	--	--	---

4 <div style="background-color: #808080; color: white; padding: 5px; text-align: center; font-weight: bold;">No School</div>	5 Chicken Sandwich Baked Beans Ranch Potato Wedges Orange Smiles	6 French Toast Sticks Sausage Patties Fresh Veggies Fresh Apple Wedges	7 Meatball Sub Sandwich Veggie Blend Oven Baked Fries Fresh Kiwi	8  Chicken & Noodles Warm Garlic Knot Green Beans Fresh Watermelon
--	---	---	---	--

11 Mac & Cheese  Warm Dinner Roll Steamed Broccoli Fresh Pear	12 Hamburger with fresh toppings Oven Baked Fries Fresh Honeydew Melon	13  BBQ Chicken Legs Warm Garlic Knot Sweet Corn Scalloped Potatoes Wacky Apples <i>Hotchkiss, CO</i>	14 Crispito w/Green Chili Cilantro Lime Black Beans Spanish Rice Fresh Pineapple	15  St. Vrain Fresh Baked Pizza Variety Green Beans Orange Smiles
---	---	--	---	---

18  Bean & Cheese Burrito  Black Bean Salsa Corn Chips Colorado Apple Wedges	19 Twisted Dog Baked Beans Steamed Carrots Fresh Kiwi	20 Chicken Parmesan Pasta w/Pepper Sweet Corn Frozen Fruit Cup	21 Beef Tenders Fresh Baked Dinner Roll Mashed Potatoes/Gravy Fresh Pear	22 Turkey Panini Pretzels Minestrone Soup Orange Smiles
--	--	---	---	--

25  Spaghetti Bake  Cheesy Breadstick Steamed Broccoli Colorado Apple Wedges	26 Teriyaki Chicken Asian Rice Steamed Carrots Fresh Pineapple	27 Pepperoni Pinwheel Pasta Salad Sweet Corn Honeydew Melon	28  Nachos Supreme with Corn Chips Black Beans Frozen Strawberry Cup	29 French Bread Pizza with Marinara Sauce Green Beans Fresh Grapes
--	---	--	---	---

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



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, 2017.**



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

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. USDA is an equal opportunity provider and employer.

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).

