

Twin Peaks














Septiembre 2017 - Menú Escolar Primaria

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
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DESAYUNO

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.				1  Pizza de pollo Ejotes Melón
4 <div style="background-color: #ccc; padding: 5px; text-align: center;">No Escuela</div>	5 Sándwich de pollo Frijoles Papas Naranja	6 Pan Tostado Francés Salchicha Verduras Manzana	7 Sándwich de albóndiga Verduras Papas Kiwi	8  Pollo con pasta Pan Ejotes Melón
11  Macarrones con queso Pan Brocoli Pera	12 Hamburguesa Papas Melón	13  Pollo con BBQ Pan Granos de elote Caserola de papas Manzana	14 Crispito con chile verde Frijoles Arroz Piña	15  Pizza Ejotes Naranja
18  Burito con frijoles  y queso Salsa con frijoles Totopos de maiz Manzana	19 Hot Dog Frijoles Zanahorias Kiwi	20 Pollo parmesano Pasta Granos de elote Fruta congelada	21 Carne Pan Púre de papas Pera	22 Sándwich de pavo Galleta Sopa de minestrone Naranja
25  Espaguetti  Pan de queso Brocoli Manzana	26 Pollo con teriyaki Arroz Zanahorias Piña	27 Sándwich de pepperoni Ensalada de pasta Granos de elote Melón	28  Nachos Frijoles Fresa congelada	29 Pizza de pan francés Ejotes Uvas

"Proveemos Alimentos para el Rendimiento Academico"

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

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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).

