

# October 2017

## Breakfast In the Classroom

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

### Breakfast in the Classroom

<b>2</b> PBJ Sandwich Applesauce Cup Juice	<b>3</b> Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	<b>4</b> <b>Late Start Day</b> Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	<b>5</b> Fruit Filled Strudel Raisins Juice	<b>6</b> Graham Cracker Yogurt Cup Fresh Fruit Juice
<b>9</b> Cereal Bar String Cheese Applesauce Cup Juice	<b>10</b> Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	<b>11</b> Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	<b>12</b> Mini French Toast Raisins Juice	<b>13</b> <b>No School</b>
<b>16</b> <b>No School</b>	<b>17</b> Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	<b>18</b> Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	<b>19</b> Fruit Filled Strudel Raisins Juice	<b>20</b> Graham Cracker Yogurt Cup Fresh Fruit Juice
<b>23</b> Cereal Bar String Cheese Applesauce Cup Juice	<b>24</b> Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	<b>25</b> Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	<b>26</b> Mini French Toast Raisins Juice	<b>27</b> Muffin String Cheese Fresh Fruit Juice
<b>30</b> PBJ Sandwich Applesauce Cup Juice	<b>31</b> Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice			- Vegetarian option. - Scratch-made in our kitchens. - Colorado Grown All menus subject to change.

*"Providing Fuel For Student Achievement"*

## September Harvest of the Month - Peppers

TOTAL TIME: 0:30 / SERVES: 4

### Ingredients

- 4 bell peppers, halved and cored
- 1 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1/2 c. pizza sauce
- 2 c. shredded mozzarella
- 1/2 c. finely grated Parmesan
- 1/3 c. mini pepperoni
- 1 tbsp. chopped parsley



### Directions

1. Preheat oven to 350°.
2. On a sheet tray, drizzle peppers with olive oil and season with salt and pepper.
3. Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with pepperoni.
4. Bake for 10-15 minutes, until the peppers are crisp-tender and the cheese is melted.
5. Garnish with parsley.

*Recipe Courtesy of: Delish.com*

## Scan to Get Menu's on Your Phone



### Meal Prices

#### Breakfast

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

#### Lunch

Elementary - \$3.00  
K-5 Reduced - Free  
Adult w/o 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 online. In case of emergency, students in elementary may charge up to two meals.
- Secondary students are allowed one emergency meal.

Questions about the menu? Contact Shelly Allen at 303.682.7255



Make online payments at:  
**mySchoolBucks**

## 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).

## Busy Schedule? That's OK...There is Still Time



The fall can be a very busy time for parents.

Time becomes precious in the midst of getting children off to

school and to extra-curricular activities, helping with homework, and tending to workplace and household responsibilities. Unfortunately, the first thing we often put off is our own workout!

But, the message is simple: the benefits of physical activity are numerous and can occur at relatively low volumes and in small bouts. Therefore, even in a busy agenda, there's time for staying active.

### **These tips will guide you through a fit and healthy this fall.**

- Walk. It's simple and can be done anywhere.
- Take the stairs...try power walking them,

then going two steps at a time...

- Active commute whenever possible. Walk the kids to school vs. driving them.
- Treat your lunch hour as your golden hour (visit a trail or park).
- Get active during your child's afterschool programming. Walk/jog/run around the field as you watch his or her soccer practice.
- Note time spent web browsing and watching television and reduce that time a little each day (substitute screen time with backyard play with the kids).
- Exercise first thing in the morning so you won't put it off when you get busy later.
- Try adding multiple 10 minute bouts of activity throughout the day. Accumulating multiple bouts is equivalent to a longer session!