

Twin Peaks





October 2017 - Secondary Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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
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2  Penne Pasta Bake  Cheesy Breadstick Steamed Broccoli Western Slope Apples 	3 French Toast Sticks Sausage Patties Fresh Veggies Chilled Applesauce	4 Hamburger with Burger Toppings Oven Baked Potatoes Orange Smiles	5 Roasted Chicken Cheesy Broccoli and Rice Bake Chilled Strawberry Cup	6  Hawaiian Style Fresh Baked Pizza Green Beans Fresh Grapes
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NATIONAL SCHOOL LUNCH WEEK

9  Topped Baked Potato Chili/Cheese or Broc/Cheese Whole Wheat Roll Western Slope Apples 	10 Orange Chicken Asian Style Rice Mixed Veggies Strawberry Cup	11  BBQ Pork Sandwich Oven Baked Potatoes Coleslaw Fresh Berry Variety	12 Crispito w/Green Chili Refried Beans Spanish Rice Frozen Fruit Cup	13 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;">No School</div>
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16 <div style="background-color: #808080; color: white; padding: 5px; text-align: center;">No School</div>	17 Pizza Crunchers With Marinara Sauce Steamed Carrots Chilled Fruit Variety	18 Chicken Sandwich Baked Sweet Potatoes Sweet Corn Fresh Colorado Apples 	19 Ham & Cheese Panini with Minestrone Soup Whole Grain Pretzels Chilled Fruit Variety	20 Individual Cheese or Pepperoni Pizza Green Beans Frozen Fruit Cup
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23  Bean & Cheese Burrito  Mexi Corn Corn Chips & Salsa Western Slope Apples 	24 Hot Dog on a WG Bun Baked Beans Steamed Carrots Fresh Grapes	25  Chicken & Noodles Breadstick Steamed Broccoli Fresh Banana	26 Chicken Tenders Fresh Baked Dinner Roll Mashed Potatoes/Gravy Chilled Strawberry Cup	27 Meatball Sub Sandwich Oven Baked Potatoes Green Beans Fruit Variety
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30 Italian Stuffed Shells  Breadstick Steamed Broccoli Western Slope Apples 	31 Mini Corn Dogs Macaroni & Cheese Baked Beans Frozen Fruit Cup			 - Vegetarian Option  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.
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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.

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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).

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!