

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
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DESAYUNO

Menú diario de desayuno incluye:
(Se Sirve Solamente en Algunas Escuelas)
Cereal ★ Fruta ★ Avena ★ Yogur ★ Fruta de Jugo ★ Leche

Mollete y Queso de Hebra	Pan Tostado Francés	Pizza de desayuno	Desayuno Bar	Sándwich de desayuno
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ALMUERZO

Menú del Día Incluye:
Una Barra de Venduras Frescas ★ Leche

DIARIO SEGUNDA OPCIÓN

✓ Sandwích de queso	✓ Fruta y yogur	Hummus plato	✓ PBJ Sandwích	✓ Proteína de huevo
2 Pasta Pan de queso Brocoli Manzana 	3 Pan Tostado Francés Salchicha Verduras Salsa de manzana	4 Tarde Dia de Inicio Hamburguesa Papas Naranja	5 Pollo brocoli y queso de arroz Fresa	6 Pizza Ejotes Uvas
Semana Nacional del almuerzo escolar				
9 Papas con queso chili or Papas con queso broccoli Pan Manzana 	10 Pollo con naranja Arroz Verduras Fresa	11 Cerdo con BBQ Papas Ensalada Fruta	12 Crispito con chili verde Frijoles Arroz Fruta Congelada	13 No Escuela
16 No Escuela	17 Pizza Con salsa Zanahoria Fruta	18 Sandwích de pollo Dulce de papas Maiz Manzana 	19 Sandwích de jamon y queso Sopa, Galleta Fruta	20 Pizza Ejotes Fruta
23 Burrito con frijole y queso, Maiz Sala con frita Manzana 	24 Hot Dog Frijoles Zanahoria Uvas	25 Pollo con pasta Pan Broccoli Platano	26 Pollo Pan Pure de papas Fresa	27 Bolas de carne Papas Ejotes Fruta
30 Pasta Pan Brocoli Mansana 	31 Hot Dog Macoroni y queso Frijoles Fruta Conelada			✓ - Opción Vegetariana - Comida hecha en nuestra cocinas - Cultivado en Colorado Todos los menús están sujetos a cambio.

"Proveer de combustible para el Rendimiento Academico"

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

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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!