

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST

Daily Breakfast Menu Includes:
(Served in Select Schools Only)
Fruit ★ Fruit Juice ★ Milk

Zee Zee Bar/String Cheese	Breakfast Bread	Breakfast Bar	Mini French Toast or Bagels	Muffin/String Cheese
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LUNCH

Daily Lunch Menu Includes:
Fresh Veggies or Salad Bar ★ Milk

DAILY SECOND CHOICE OPTION

Grilled Cheese Sandwich	Fruit & Yogurt Parfait	Chef Salad	PBJ Sandwich	Egg Protein Box
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- Vegetarian option.
 - Scratch-made in our kitchens.
 - Colorado Grown
All menus subject to change.

1 Late Start Day

French Toast Sticks
Sausage Patty
Steamed Carrots
Fresh Fruit Choice

2
Cheeseburger with Toppings
Potato Wedges
Fresh Mixed Berries

3
 Chicken Bacon Ranch
Fresh Baked Pizza
Green Beans
Fresh Grapes

6
 Topped Baked Potatoes
Chilli or Broccoli & Cheese
Dinner Roll
Fresh Apple Wedges

7
Teriyaki Chicken
Asian Rice
Steamed Veggie Blend
Frozen Fruit Juice Cup

8
 Sloppy Joe Sandwich
Oven Potatoes
Corn on the Cob
Fresh Mixed Berries

9
Turkey & Gravy
Mashed Potatoes
Dinner Roll / Fresh Fruit
Pumpkin Cake

10
Chicken Sandwich with Toppings
Baked Beans
Blueberries in a Cloud

13
Mac & Cheese
Warm Dinner Roll
Steamed Broccoli
Fresh Apple Wedges

14
Pepperoni Pinwheels
Pasta Salad
Steamed Carrots
Fresh Grapes

15
BBQ Chicken Legs
Westview Potato Wedges
Garlic Knot
Blueberries in a Cloud

16
 Chicken Parmesan
 Pasta with Pepper
Steamed Veggie Blend
Sunny Fruit Salad

17
Crispito
Refried Beans
Spanish Rice
Cinnamon Apples

20

21

22

23

24

No School - Thanksgiving Break

27

28

29

30

French Bread Pizza
with Marinara
Steamed Broccoli
Colorado Apple Wedges

Twisted Dog
with toppings
Baked Beans
Frozen Fruit Juice Cup

Nacho Supreme
with toppings
Mexi Corn
Fresh Banana

Beef Tenders
Mashed Potatoes/Gravy
Warm Dinner Roll
Blueberries in a Cloud

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 - 50¢

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



November Harvest of the Month - Mushrooms

Portobello "Philly Cheese Steak" Sandwich



Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, sliced
- 4 large Portobello mushrooms, stems and gills removed (see Tip), sliced
- 1 large red bell pepper, thinly sliced
- 2 tablespoons minced fresh oregano, or 2 teaspoons dried
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1/4 cup vegetable broth,

or reduced-sodium chicken broth

- 1 tablespoon reduced-sodium soy sauce
- 3 ounces thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted

Preparation

- Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.
- Reduce heat to low; sprinkle the vegetables with flour and stir to coat. Stir in broth and soy sauce; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables, cover and let stand until melted, 1 to 2 minutes.
- Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Tips & Notes

The dark gills found on the underside of a Portobello are edible, but if you like you can scrape them off with a spoon.

43rd Annual Longmont Turkey Trot



Gobble, Gobble, Gobble, GO! Sign up to run one of the most scenic, fastest, 10k or 2 mile courses

10 K: \$20 for Youth (19 & under) and Seniors (60 & over)
\$24 for Adults

Pre-Registration Deadline:

Thursday, November 9, 12pm noon.
A \$5 fee will be assessed to all registrations taken after Thursday, Nov 9, 12pm noon.

100 Mile Club? Does your child attend a St. Vrain Valley School that is participating in the 100 Mile Club? Talk to your school's 100 Mile Club representative about the Longmont Turkey Trot discount!

Please note: Races will be held regardless of weather. Sorry, refunds are not available for special events.

around! 10K course also has a Wheelchair Division. Don't just run for the fun of it, all of the Longmont Turkey Trot proceeds benefit the City of Longmont Youth Scholarship Fund!

2017 Theme: "Veterans Day Edition"- Show your pride and support for our Veterans!

Race Start Times:

9:00 am - 10K / 9:05 am - 2 Mile

Race Entry Fees:

2 mile: \$18 for Youth (19 & under) and Seniors (60 & over)
\$20 for Adults

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).



[Click Here to learn more and Register!](#)