

Twin Peaks













November 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 Chicken Sandwich	Fruit & Yogurt Parfait Buffalo Chicken Salad Cheeseburger	Cheese Quesadilla Chicken Caesar Salad American Ciabatta Sandwich	Chef/Chicken Mandarin Salad Chicken Sandwich PBJ Sandwich	Egg Protein Box Italian Deli Salad Ranch Burger
 - Vegetarian Option  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.		1 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  Chili 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				
27 French Bread Pizza  with Marinara Steamed Broccoli Colorado Apple Wedges	28  Twisted Dog with toppings Baked Beans Frozen Fruit Juice Cup	29  Nacho Supreme with toppings Mexi Corn Fresh Banana	30 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!](#)