

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 Verduras Frescas ★ Leche

DIARIO SEGUNDA OPCIÓN

 Sandwích de queso	 Fruta y yogur	 Quesadilla	 PBJ Sandwích	 Proteína de huevo
 - Opción Vegetariana  - Comida hecha en nuestra cocinas  - Cultivado en Colorado Todos los menús están sujetos a cambio.		1 Tarde Dia de Inicio Pan tostado francés Salchicha Zanahoria Fruta	2 Hamburguesa con queso Papas Fruta	3  Pizza Ejotes Uvas
6  Papas con queso chili or Papas con queso brocoli Pan Manzana	7  Pollo con naranja Arroz Verduras Fruta congelada	8  Sloppy Joe Sándwich Papas Maíz Bayas	9 Pollo Papas Pan/ Fruta Calabaza	10 Sándwich de pollo Frijoles Arandanos
13  Macarrones con queso Pan Brocoli Manzana	14 Sándwich de pepperoni Ensalada de pasta Zanahoria Uvas	15 Pollo con BBQ Papas Pan de ajo Arandanos	16  Pollo parmesano Pasta con pimienta Verduras Ensalada de frutas	17 Crispito Frijoles Arroz Manzanas canela
20	21	22	23	24
No Escuela				
27  Pizza de pan con salsa Brocoli Manzana	28  Hot Dog Frijoles Fruta congelada	29  Nacho Maíz Plátano	30 Carne Papas Pan Arandanos	

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!](#)