

# Noviembre 2017

## Desayuno en el Salón Menu

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<b>DESAYUNO</b>				
		<b>1</b> Tarde Día de Inicio Pan de desayuno Fruta fresca Jugo	<b>2</b> Mini Bagel con crema de queso Craisins Jugo	<b>3</b> Galletas Graham Yogur Fruta fresca Jugo
<b>6</b> Zee Zee Barra Queso Puré de manzana Jugo	<b>7</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>8</b> Pan de desayuno Fruta fresca Jugo	<b>9</b> Pequeños tostados a la francesa Craisins Jugo	<b>10</b> Galletas Graham Yogur Fruta fresca Jugo
<b>13</b> PBJ Puré de manzana Jugo	<b>14</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>15</b> Pan de desayuno Fruta fresca Jugo	<b>16</b> Mini Bagel con crema de queso Craisins Jugo	<b>17</b> Galletas Graham Yogur Fruta fresca Jugo
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>No Escuela</b>				
<b>27</b> Zee Zee Barra Queso Puré de manzana Jugo	<b>28</b> Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo	<b>29</b> Pan de desayuno Fruta fresca Jugo	<b>30</b> Pequeños tostados a la francesa Craisins Jugo	

*"Proveer de combustible para el Rendimiento Academico"*

## 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](mailto: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!](#)