

Breakfast in the Classroom

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast In The Classroom

				1 Muffin String Cheese Fresh Fruit Juice
4 PBJ Sandwich Applesauce Cup Juice	5 Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	6 Late Start Day Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	7 Mini Bagels Raisins Juice	8 Graham Cracker Yogurt Cup Fresh Fruit Juice
11 Zee Zee Bar String Cheese Applesauce Cup Juice	12 Breakfast Bar Yogurt/String Cheese Fresh Fruit Juice	13 Breakfast Bread Yogurt/String Cheese Fresh Fruit Juice	14 Mini French Toast Raisins Juice	15 Muffin String Cheese Fresh Fruit Juice
18	19	20	21	22
No School - Winter Break				
25	26	27	28	29
No School - Winter Break				



Nutrition Services is Hiring!

- ★ Part-Time Kitchen Positions Available
- ★ 3-5 days/week - 3-4 hours/day
- ★ Positions start at \$10.25/hour
- ★ Work while your child is in school
- ★ No kitchen experience required - we train you.
- ★ Interested in working for an amazing employer? Contact Shelly Allen at 303.682.7255

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).



Harvest of the Month - Beets



Roasted Beets with Goat Cheese

Directions:

1. Preheat oven to 375 degrees.
2. Cut beets into 1" cubes - no need to peel.
3. Combine beets, oil, salt and pepper.
4. Roast for 30 minutes, or until a fork can easily pierce beets.
5. Remove beets from oven and place in a serving bowl.
6. Add cheese and seeds.
7. Serve warm or at room temperature.

Tip: Use left overs to top a salad!

Ingredients:

- 4 whole beets, washed
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ tsp freshly ground black pepper
- 1 tablespoon pumpkin seeds (optional)
- 1 tablespoon goat cheese (optional)

Why Eat Beets? A ½ cup of beets is a good way to get folate and manganese. A ½ cup of cooked beet greens has lots of vitamin K, vitamin A, and vitamin C!

Birthday Bundles & Classroom Catering Menus

From birthday to holiday parties throughout the school year, children and teachers have numerous reasons to celebrate. Celebrations are a great way for children to feel part of the school community, where the learning environment is made festive and where children, teachers and parents can come together to enjoy a break from the routine.

Traditionally, school parties often center around food. Swap out the traditional party foods for healthier options that reinforce messages children are learning about healthy

eating in class and the school cafeteria.

Did you know SVVSD: Nutrition Services offers healthier options that can be delivered right to your students classroom?! With the Birthday Bundle and Classroom Catering menus, parents, staff, or PTO's, can order healthier snacks for the next student birthday, holiday party, reward celebrations, or any other event that might come up. The best part, we do all the work!

Click the images below to take a closer look!

Classroom Catering Menu

Classroom Meal Options

Muffin Breakfast Party Includes whole grain muffins, string cheese, fresh fruit and milk.	Breakfast Burrito Party Includes whole grain burritos, string cheese, fresh fruit and milk.	Breakfast Sandwich Party Includes sandwich, string cheese, fresh fruit and milk.
Whole Grain Muffins Includes whole grain muffins, string cheese, fresh fruit and milk.	Whole Grain Pizza Party Includes whole grain pizza, fresh salad, fresh fruit and milk.	Whole Grain Cookies & Milk Tray Includes whole grain cookies, fresh fruit and milk.
Whole Fruit Assortment of apples, bananas and oranges.	Sub Shop Party Includes whole grain sub, fresh salad, fresh fruit and milk.	Small Bottle of Water
Small Bottle of Water	Taco/Fajita Bar Party* Includes whole grain tortillas, chicken, toppings, fresh fruit and milk.	Whole Grain Cookie & Milk Tray Includes whole grain cookies, fresh fruit and milk.
Carton of Milk	Baked Potato Bar Party* Meal includes potato, toppings, fresh fruit and milk.	Yogurt Parfaits Includes yogurt, granola and seasonal fruit.
100% Fruit Juice	Snack Basket Assortment of granola, fruit & nut mix, granola bars, and peanut butter crackers.	Fresh Veggie Tray Seasonal vegetables with hummus and ranch dip.

*For pricing, please contact Shelly Allen at 303.683.7255. *150sides & High Schools Only.

A la Carte Classroom Celebration Options

50¢ per Student <ul style="list-style-type: none"> • Annie's Bunny Grahams • Whole Grain Rice Krispies Treats • Whole Fruit • Small Bottle of Water • Carton of Milk • 100% Fruit Juice 	75¢ per Student <ul style="list-style-type: none"> • Frozen Fruit Cups (7oz/oz of frozen) • Whole Grain Cookie & Milk Tray (fresh baked chocolate chip cookies served with milk) 	\$1.25 per Student <ul style="list-style-type: none"> • Fresh Fruit Tray (Seasonal fruit with yogurt dip) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch dip) • Snack Basket • Yogurt Parfaits (Yogurt, granola and seasonal fruit)
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All a la carte items are Smart Snack Approved!

To place an a la carte order, please complete the order form on the back. Catering orders are due at least two weeks in advance. Payment due prior to event. Checks Only. Please make checks payable to: SVVSD Nutrition Services.

BIRTHDAY BUNDLES

Now available for delivery to your child's classroom! No baking! No running to the store! No Mess! We do it all! Each bundle includes a Birthday Button and Pencil for your student. All items are Smart Snack Approved!

50¢ per Student <ul style="list-style-type: none"> • Whole Grain Rice Krispies Treats • Annie's Bunny Grahams • Whole Fruit (assortment of Apples, Bananas and Oranges) • Small Bottle of Water 	Non-Food Options <ul style="list-style-type: none"> • Bookmarks - 25¢ • Pencils - 25¢ • Twixable Erasers - 50¢ • Star Bracelets - 50¢
75¢ per Student <ul style="list-style-type: none"> • Frozen Fruit Clips • Whole Grain Cookie & Milk Tray (Fresh Baked Chocolate Chip Cookies served with milk) 	Smart Snacks - 50¢ <ul style="list-style-type: none"> • Yogurt Parfaits (Yogurt, granola and seasonal fruit) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch) • Fresh Fruit Tray (Seasonal fruit with yogurt dip)
\$1.25 per Student <ul style="list-style-type: none"> • Dipper! Oats 100sides • Yogurt Parfaits (Yogurt, granola and seasonal fruit) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch) • Fresh Fruit Tray (Seasonal fruit with yogurt dip) 	Smart Snacks - 50¢ <ul style="list-style-type: none"> • Dipper! Oats 100sides • Yogurt Parfaits (Yogurt, granola and seasonal fruit) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch) • Fresh Fruit Tray (Seasonal fruit with yogurt dip)

Birthday Bundle Order Form

School Name: _____ Student Name: _____ Qty. Needed x 50¢ ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Rice Krispies Treats _____ Whole Fruit _____ Annie's Bunny Grahams _____ Small Bottle of Water _____ Qty. Needed x 75¢ ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Frozen Fruit Clips _____ Cookie & Milk Tray _____ Qty. Needed x \$1.25 ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Fresh Veggie Tray _____ Yogurt Parfaits _____ Fresh Fruit Tray _____	Teacher / Grade: _____ Delivery Date (2 weeks notice required): _____ Qty. Needed x \$2.50 ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Smart Snacks 100sides _____ Twixable Erasers _____ Oreo Cookies and Cream _____ Chocolate & Vanilla _____ Qty. Needed x 25¢ ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Animal Bookmarks _____ Pencils _____ Qty. Needed x 50¢ ea. = \$ _____ Please check the item(s) for your Birthday Bundle: Twixable Erasers _____ Star Bracelets _____ Magic Scratch Bookmarks _____ Total \$ _____ Payment Due at Time of Order - Checks Only. Please make checks payable to: SVVSD Nutrition Services. Parent Name: _____ Parent Phone Number: _____
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For Questions: Please contact your Kitchen Manager or Shelly Allen at 303.683.7255

Meal Prices

Breakfast

Elementary - \$1.50
K-12 Reduced - Free
Adult - \$2.00

Lunch

Elementary - \$3.00
K-5 Reduced - Free
Adult with Milk - \$4.00

Al a Carte Items

Salad Bar, Water, Juice or Milk - 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.

