

Desayuno en el Salón Menu

LUNES		MARTES		MIERCOLES		JUEVES		VIERNES	
DESAYUNO									
								1 Muffin queso Fruta fresca Jugo	
4 PBJ Puré de manzana Jugo		5 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo		6 Tarde Día de Inicio Pan de desayuno Fruta fresca Jugo		7 Mini Bagel con crema de queso Craisins Jugo		8 Galletas Graham Yogur Fruta fresca Jugo	
11 Zee Zee Barra Queso Puré de manzana Jugo		12 Barra de desayuno Elección de queso o yogur Fruta fresca, Jugo		13 Pan de desayuno Fruta fresca Jugo		14 Pequeños tostados a la francesa Craisins Jugo		15 Muffin queso Fruta fresca Jugo	
18		19		20		21		22	
No Escuela									
25		26		27		28		29	
No Escuela									



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

"Proveer de combustible para el Rendimiento Academico"

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.
Pizza Party Includes whole grain pizza, fresh salad, fresh fruit and milk.	Sub Shop Party Includes whole grain sub, fresh salad, fresh fruit and milk.	Taco/Fajita Bar Party* Includes whole grain tortillas, chicken, toppings, fresh fruit and milk.
Baked Potato Bar Party* Meal includes potato, toppings, fresh fruit and milk.	Snack Basket Assorted vegetables with hummus and ranch dip.	Yogurt Parfaits (Yogurt, granola and seasonal fruit)

*For pricing, please contact Shelly Allen at 303.683.7255. *50 sides & High Schools Only

A la Carte Classroom Celebration Options

50¢ per Student • Annie's Bunny Grahams • Whole Grain Rice Krispies Treats • Whole Fruit • Small Bottle of Water • Carton of Milk • 100% Fruit Juice	75¢ per Student • Frozen Fruit Cups • Whole Grain Cookie & Milk Tray • Yogurt Parfaits	\$1.25 per Student • Fresh Fruit Tray • Fresh Veggie Tray • Dipper! Dots 1000s • Yogurt Parfaits
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All a la carte items are Smart Snack Approved!

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 • Whole Grain Rice Krispies Treats • Annie's Bunny Grahams • Whole Fruit (assortment of Apples, Bananas and Oranges) • Small Bottle of Water	Non-Food Options Bookmarks - 25¢ Pencils - 25¢ Twixable Erasers - 50¢ Star Bracelets - 50¢
75¢ per Student • Frozen Fruit Clips • Whole Grain Cookie & Milk Tray • Fresh Fruit Tray (Seasonal fruit with yogurt dip)	Magic Scratch BOOKMARKS - 50¢
\$1.25 per Student • Yogurt Parfaits (Yogurt, granola and seasonal fruit) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch) • Fresh Fruit Tray (Seasonal fruit with yogurt dip)	Please submit your order to the Kitchen Manager at least two weeks in advance.
\$2.50 per Student • Dipper! Dots 1000s • Yogurt Parfaits (Yogurt, granola and seasonal fruit) • Fresh Veggie Tray (Seasonal vegetables with hummus & ranch) • Cookie Dough, Chew Cookies and Cream or Chocolate & Vanilla Swirl	Please submit your order to the Kitchen Manager at least two weeks in advance.

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: Sour Patch Kids, Raspberry Sherbert _____ Cookie Dough _____ Chew 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.

