

# Twin Peaks

## January 2018 - Secondary Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**


















**THURSDAY**

**FRIDAY**

**LUNCH**

Daily Lunch Menu Includes:  
Fresh Veggies or Salad Bar ★ Milk

**DAILY SECOND CHOICE OPTION**

Grilled Cheese Sandwich  Taco Salad Spicy/Regular Chicken Sand.	Fruit & Yogurt Parfait  Buffalo Chicken Salad Hamburger or Cheeseburger	Cheese Quesadilla  Chicken Caesar Salad Bean Burrito	Chef/Chicken Mandarin Salad Spicy/Regular Chicken Sand. American Ciabatta Sandwich	Egg Protein Box  Italian Deli Salad Ranch Burger
<b>1</b> <b>No School</b>	<b>2</b> <b>No School</b>	<b>3</b> French Toast Sticks Sausage Patties Fresh Mixed Veggies Applesauce	<b>4</b>  Nacho Supreme with Toppings Mexican Pintos Banana	<b>5</b>  St. Vrain Fresh Baked Pizza Variety Sweet Corn Fresh Apple Wedges
<b>8</b>  Bean & Cheese Burrito  with Green Chili Chips & Chickpea Pico Clementines	<b>9</b>  Twisted Dog with condiments Sweet Potatoes Blueberries in a Cloud	<b>10</b> Chicken Parmesan Pasta with Pepper Steamed Broccoli Fresh Apple Wedges	<b>11</b> Chicken Tenders Warm Dinner Roll Mashed Potatoes & Gravy Chilled Diced Fruit	<b>12</b> <b>No School</b>
<b>15</b> <b>No School</b>	<b>16</b> Cheeseburger with condiments Oven Potatoes Fresh Apple Wedges	<b>17</b> Crispito Spanish Rice Refried Beans Tropical Fruit Mix	<b>18</b>  Chicken & Noodles Warm Breadstick Steamed Broccoli Clementines	<b>19</b> Meatball Sub Sandwich Potato Wedges Steamed Carrots Chilled Diced Fruit
<b>22</b>  Penne Pasta Bake  Garlic Knot Steamed Broccoli Fresh Colorado Apples	<b>23</b> BBQ Pork Sandwich Oven Sweet Potatoes Coleslaw Chilled Diced Peaches	<b>24</b> Mini Tacos with Toppings Refried beans Clementines	<b>25</b> Chicken Sandwich with toppings Lattice Cut Oven Potatoes Blueberries in a Cloud	<b>26</b> Garlic French Bread Pizza with Marinara Sauce Steamed Carrots Fresh Chilled Grapes
<b>29</b>  Baked Potato with  Broccoli Cheese or Chili Warm Dinner Roll Fresh Apple Wedges	<b>30</b> Pepperoni Pinwheels Pasta Salad Steamed Carrots Clementines	<b>31</b> Roasted Chicken Steamed Veggie Blend Broccoli Cheese Rice Fresh Grapes	 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.	



★ Part-Time Kitchen Positions Available  
★ 3-5 days/week - 3-4 hours/day  
Positions start at \$10.25/hour

**Nutrition Services is Hiring!**

★ 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.

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).

USDA is an equal opportunity provider and employer.

### Questions regarding the menu?

Contact Shelly Allen at 303.682.7255 or [allen\\_shelly@svvsd.org](mailto:allen_shelly@svvsd.org)

# Harvest of the Month - Mandarin Oranges

## Orange Freeze

### Ingredients

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup low-fat or non-fat milk
- 1 teaspoon vanilla extract
- 2 cups mandarin oranges

### Directions

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

### Helpful Hint:

Make your freeze even fruitier by adding a small banana, a handful of strawberries, or another favorite fruit before blending.



### Produce Tips

- Look for plump mandarins that feel heavy for size and have stems still attached.
- Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
- Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
- Helpful Hint: Mandarins that have a deep orange-red color are called tangerines. Other types of mandarins include satsumas, clementines, and tangelos.

*Recipe Courtesy of Kids Get Cookin'*

## Cold Weather Walking Safety Tips

We know it's hard to get outside when the days are short and the temperature drops. So why not take advantage of the little daylight we have and walk to or from school each day.

Here are some helpful tips to get you to school safely:

- Wear layers. You might feel cold when you start out walking or biking, but you'll warm up as your blood gets flowing. Make sure you wear a hat (you lose a lot of heat through the top of your head) and gloves or mittens (mittens are better for when it's really cold, and you can wear gloves inside your mittens for when you have to do some work that requires dexterity). If it's really cold, a scarf will help prevent frostbite of the face.
- Wear good, sturdy shoes, preferably with rubber soles (not the plastic compound soles found in most athletic shoes). Boots are good for when it's snowy or rainy, and make sure they are a touch big so you can add wool socks or have the air around your toes be warmer than in



tight boots.

- Since it tends to be dark much of the day in winter, wear bright, reflective clothes to make you more visible to drivers (who tend to not defrost their windshields or drive while texting).
- Remind kids to stay hydrated, since the cold dehydrates you. Remember to drink water, not eat snow (eating too much snow can cause problems with maintaining body temperature).
- Walk with friends and always stay together, look out for each other, and enjoy the cool air!

*Tips courtesy of: Safe Routes to School National Partnership*

## 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

### A la 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 not allowed to charge meals.

