

Febrero 2018

Desayuno en el Salón Menu

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
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DESAYUNO

			1 Pequeños tostados a la francesa Craisins Jugo	2 Muffin queso Fruta fresca Jugo
5 PBJ Puré de manzana Jugo	6 Barra de desayuno Elección de queso o yogur Fruta fresca Jugo	7 Inicio tardío Pan de desayuno Fruta fresca Jugo	8 Mini Bagel con crema de queso Craisins Jugo	9 Galletas Graham Yogur Fruta fresca Jugo
12 Zee Zee Barra Queso Puré de manzana Jugo	13 Barra de desayuno Elección de queso o yogur Fruta fresca Jugo	14 Pan de desayuno Fruta fresca Jugo	15 Pequeños tostados a la francesa Craisins Jugo	16 No Escuela
19 No Escuela	20 Barra de desayuno Elección de queso o yogur Fruta fresca Jugo	21 Pan de desayuno Fruta fresca Jugo	22 Mini Bagel con crema de queso Craisins Jugo	23 Galletas Graham Yogur Fruta fresca Jugo
26 Zee Zee Barra Queso Puré de manzana Jugo	27 Barra de desayuno Elección de queso o yogur Fruta fresca Jugo	28 Pan de desayuno Fruta fresca Jugo		



★ 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

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 not allowed to charge meals.

Questions regarding the menu?
Contact Shelly Allen at
303.682.7255 or
allen_shelly@svvsd.org



February Harvest of the Month - Broccoli

Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle low-fat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Broccoli Poppers

Ingredients:

- 4 cups broccoli florets
- 1 cup shredded cheddar cheese or your choice
- ½ tsp onion powder
- ¼ tsp garlic powder
- 1 large egg
- ¼ cup breadcrumbs
- ¼ cup panko bread crumbs



- Squeeze out the excess water by pressing on the broccoli with a towel. Transfer to a bowl.
- Add the rest of your ingredients to your bowl except for Panko, and mix.
- Scoop out tablespoon size balls of the mixture and roll in Panko. Place on a cookie sheet lined with parchment or sprayed.
- Bake at 350 degrees F, for 10-15 minutes or until golden and crispy.
- Serve warm with your favorite dipping sauce.

Recipe courtesy of superhealthykids.com

Directions:

- Place broccoli in a food processor or chop with a knife, and pulse into tiny pieces.
- Steam your broccoli for 2-3 minutes until tender.

Easy Healthy Valentine's Day Party Ideas for School

- Encourage students to bring Valentine's with stickers, pencils, small toy, etc...instead of candy!
- Dance Party - Get kids up and moving by having a 10-15 minute dance party!
- Celebrate Creatively - Have students make their own Valentine's Day Card Box or Valentine's for their family members. Ask parents to donate art supplies instead of food or candy!
- More Recess - Get permission from your school administrators to have an extra recess period in place of a party!
- Read Valentine's Day themed books while students munch on a healthy snack (see Healthy Snack Ideas to the right). Speak with your librarian to get book recommendations!



Red Fruit Skewers

- Grapes
- Watermelon
- Strawberries
- Make ahead or have students help.



Heart Shaped Veggie Platter

- Colorful Peppers
- Cucumber
- Healthy Dip or Hummus
- Use a small heart shaped cookie cutter to cut out your vegetables.



Popcorn Trail Mix

- Low-Fat Popcorn
- Craisins
- Dried Fruit Chips (bananas, apples etc.)
- A Few Chocolate Chips
- Mix all together and serve in cupcake wrappers.

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.

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*USDA
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Washington, D.C. 20250-9410*

Or, call 800.795.3272 or 202.720.6382 (TTY).

