

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
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DESAYUNO

Menú diario de desayuno incluye:
 (Se Sirve Solamente en Algunas Escuelas)
 Cereal ★ Fruta ★ Avena ★ Yogur ★ Fruta de Jugo ★ Leche

Mollete y Queso de Hebra	Pan Tostado Francés	Pizza de desayuno	Desayuno Bar	Sándwich de desayuno
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ALMUERZO

Menú del Día Incluye:
 Una Barra de Venduras Frescas ★ Leche

DIARIO SEGUNDA OPCIÓN

Sandwích de queso	Fruta y yogur	Quesadilla	PBJ Sandwích	Proteína de huevo
			1 Pastel de pavo Pan Ejotes Ensalada de fruta	2 Sándwich de jamón y queso Papas Arandano
5 Macarrones con queso Pan Brocoli Manzana	6 Pollo con naranja Arroz Verduras Píña y naranjas	7 Inicio tardío Pan Tostado Francés Salchicha Ensalada Naranjas	8 Carne Papas Pan Kiwi	9 Pizza Ejotes Arandano
12 Pasta Pan Brócoli Manzana	13 Hamburguesa con queso Papas Kiwi	14 Corn Dog Macarrones con queso Zanahoria Freasa Brownie	15 Sándwich de pollo Frijoles Fruta Tropical	16 No Escuela
19 No Escuela	20 Hot Dog Papas Manzana	21 Pollo Verduras Arroz con brócoli y queso Naranjas	22 Crispito Arroz Frijoles Fruta Tropical	23 Pizza Ejotes Fruta
26 Sándwich de queso Sopa Zanahoria Manzana	27 Nacho Maiz Naranjas	28 Sándwich de cerdo Papas Ensalada Uvas	- Opción Vegetariana - Comida hecha en nuestra cocinas - Cultivado en Colorado Todos los menús están sujetos a cambio.	



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

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.

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).

