

# Twin Peaks - Secondary Menu

## April 2018

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**LUNCH**

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

**DAILY SECOND CHOICE OPTION**

<p>✓ Grilled Cheese or PBJ Sand. Taco Salad Spicy/Regular Chicken Sand.</p>	<p>✓ Fruit &amp; Yogurt Parfait Buffalo Chicken Salad Hamburger or Cheeseburger</p>	<p>✓ Cheese Quesadilla Chicken Caesar Salad ✓ Bean Burrito</p>	<p>Chef/Chicken Mandarin Salad Spicy/Regular Chicken Sand. ✓ PBJ Sandwich</p>	<p>✓ Egg Protein Box Italian Deli Salad Ranch Burger</p>
<p><b>2</b> Bosco Sticks ✓ with Marinara Steamed Broccoli Frozen Fruit Juice Cup</p>	<p><b>3</b> Cheeseburger with condiments Oven Potatoes Chilled Orange/Pineapple</p>	<p><b>4</b> French Toast Sicks Sausage Patties Fresh Cut Veggies Fresh Banana</p>	<p><b>5</b> Chicken Tenders Macaroni &amp; Cheese Steamed Carrots Fresh Grapes</p>	<p><b>6</b> 🥄 Mini Tacos with toppings Refried Beans Orange Smiles</p>
<p><b>9</b> Italian Shells ✓ WG Garlic Knot Steamed Broccoli Tropical Fruit Mix</p>	<p><b>10</b> Orange Chicken Asian Rice Steamed Veggie Blend Orange Smiles</p>	<p><b>11</b> BBQ Pork or Rib Sandwich Corn on the Cob Blueberries in a Cloud</p>	<p><b>12</b> Crispito Refried Beans Spanish Rice Fresh Cut Apples</p>	<p><b>13</b> 🥄 Turkey Pot Pie or Manager's Choice Steamed Carrots Fresh Grapes</p>
<p><b>16</b> Penne Pasta Bake ✓ WG Garlic Knot Steamed Broccoli Fresh Cut Apples</p>	<p><b>17</b> Hot Dog on WG Bun with toppings Baked Beans Orange Smiles</p>	<p><b>18</b> 🥄 Chicken Parmesan Pasta with Pepper Steamed Carrots Cinnamon Apples</p>	<p><b>19</b> Beef Tenders Mashed Potatoes &amp; Gravy WG Dinner Roll Frozen Fruit Juice Cup</p>	<p><b>20</b> Individual Cheese or Pepperoni Pizza Green Beans Fresh Grapes</p>
<p><b>23</b> Bean &amp; Cheese Pupusa ✓ Tortilla Chips with Black Bean Salsa Fresh Cut Apples</p>	<p><b>24</b> Chicken Sandwich with toppings Baked Beans Orange Smiles</p>	<p><b>25</b> Nacho Supreme with toppings Sweet Corn Blueberries in a Cloud</p>	<p><b>26</b> 🥄 Chicken &amp; Noodles WG Bread Stick Steamed Broccoli Fresh Grapes</p>	<p><b>27</b> Manager's Choice or Turkey Sandwich Steamed Carrots Tropical Fruit Mix</p>
<p><b>30</b> Macaroni &amp; Cheese ✓ WG Dinner Roll Steamed Broccoli Fresh Apple Wedges</p>				<p>✓ - Vegetarian option. 🥄 - Scratch-made in our kitchens. 🌻 - Colorado Grown</p> <p>All menus subject to change.</p>



★ 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@svvdsd.org](mailto:allen_shelly@svvdsd.org)

# Breakfast Meal Patterns - Why We Serve What We Do

Nutrition standards are the foundation of federal school nutrition programs and were updated in 2010 to reflect the current Dietary Guidelines for Americans. The standards were established for menu planning by studying the nutritional needs of groups of children at different ages. Nutrition standards consist of the required food components, levels of calories, and key nutrients to meet the nutrition goals for specific age or grade groups of children for breakfast and lunch over the course of 1 week.

All schools participating in the School Breakfast program must follow the food based menu planning approach. This menu planning approach focuses on food components, not nutrients. There are 3 food components that need to be offered for a reimbursable breakfast. The 3 food components in school breakfast are: fruit or vegetable, grains, and milk.

The food based menu planning approach requires all 3 components at breakfast. Menu planners must follow the meal pattern requirements for the three age/grade groups which are K-5, 6-8 and 9-12.

Meal Pattern	Amount of Food Per Week (Minimum per day)		
	Grades K - 5	Grades 6 – 8	Grades 9 - 12
<b>5-day Week</b>			
Fruit (cup)	5 (1)	5 (1)	5 (1)
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cup)	5 (1)	5 (1)	5(1)
<b>4-day Week</b>			
Fruit (cup)	4 (1)	4 (1)	4 (1)
Grains (oz. eq.)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)
<b>Nutrient Standards</b>	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
Calories	350-500	400-550	450-600
Saturated Fat	<10%	<10%	<10%
Sodium (mg.)	≤ 540	≤600	≤640

### Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit (or substitute vegetable), or ½ cup of juice. The total weekly fruit and/or vegetable juice offerings may not exceed one-half of the total fruits (or vegetables, if substituted for fruits) offered over the week.

### Vegetable

Vegetables may be substituted for fruits, however, at least 2 cups of the red/orange, dark green, legumes, or “other” vegetable subgroups must be offered over the course of the week. Vegetables may be included as an “extra” (will not be counted towards the component contribution nor counted for offer vs. serve; will be included in the nutrient analysis).

### Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>

### Meat / Meat Alternatives

There is no separate meat/meat alternate component in the School Breakfast Program. SFAs may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be included as an “extra” (will not be counted towards the component contribution nor counted for offer vs. serve; will be included in the nutrient analysis)

### Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

## 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.

