

Twin Peaks - Menú Escolar Primaria

Mayo 2018

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

DESAYUNO

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

DIARIO SEGUNDA OPCIÓN

✓ Sandwích de queso/PBJ	✓ Fruta y yogur	✓ Quesadilla	✓ PBJ Sandwích	✓ Proteína de huevo
	1 Hamburguesa Papas Narajas	2 Pan Tosado Francés Salchicha Verduras Fresa	3 Pollo Papas Pan Uvas	4  Tacos Frijoles Kiwi
7 Pan de queso ✓ Con salsa Brócoli Manzana	8 Pollo de Teriyaki Arroz Zanahoria Fruta Tropical	9 Sandwích de pollo Papas Fresa	10 Crispito con chile verde Arroz Frijoles Kiwi	11  Pizza Ejotes Narajas
14 Macorrone con queso ✓ Pan Brócoli Manzana	15 Hot Dogs Papas Narajas	16  Nachos Frijoles Kiwi	17 Carne Papas Pan Fruta Tropical	18 Eleccion de gerentes Pizza Verduras Fresa
21 Eleccion de gerentes Veruras Manzana	22 Eleccion de gerentes Veruras Narajas	23 Eleccion de gerentes Veruras Fresa		
				 - Opción Vegetariana  - Comida hecha en nuestra cocinas  Cultivado en Colorado Todos los menús están sujetos a cambio.



★ 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

May is National Physical Fitness and Sports Month

National Physical Fitness and Sports Month is the perfect time for children and families to get outside and play together! You don't have to do back flips in the Olympics or throw a football 40 yards down the field to be active and break a sweat. Whether you ride your bike to work or school or chase after your dog in the park, physical activity can be fun and it helps you feel good too.

May is National Physical Fitness and Sports Month. A reminder to make daily physical activity, sports participation and good nutrition a priority in their lives.

This time of year in most parts of the country, the weather makes it easy to explore America's Great Outdoors. Take the challenge and pick up a new activity or sport, and help guide your loved ones and your neighbors to better health!

Don't think you have enough time? Here are a few tips to incorporate a few more steps into your families day:

- Walk to school each day.
- Walk the dog with the whole family.
- Park your car as far away as possible so you have to walk a longer distance from your destination. Even better, walk or cycle to run errands in your community.
- Walk up and down the field while watching your kids play sports.
- Instead of calling or texting friends, take a walk together to catch up.
- Choose the stairs instead of the elevator or escalator.

For more information check out: Fitness.gov

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

All 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.



May Harvest of the Month - Asparagus

Italian Asparagus Sticks

Ingredients

- 1 cup whole wheat panko/bread crumbs
- 1 tablespoon Italian herbs/seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 large eggs
- 1/4 cup flour
- 1 bunch asparagus, cleaned and stems removed

Preparation

1. Preheat oven to 450 degrees and coat a large baking sheet with cooking spray.
2. Mix the first 4 ingredients in a bowl.
3. Whisk the egg in a separate bowl.
4. Place the flour in another bowl.
5. Make an assembly line with the bowls. Dip the asparagus first into the flour, then the egg and finally into the bread

crumb mixture, coating evenly and repeating with all the sticks.

6. Place all of the coated sticks on the baking sheet/rack.

Arrange so they're not touching, spray lightly with oil and bake for 30-35 minutes or until the bread crumbs are golden.

7. Serve with Marinara Sauce

***IF FREEZING:** After step 5, place sticks on a baking sheet and freeze for 30 minutes. Remove from freezer and place in a Ziploc bag. Label and freeze. When ready to eat – remove from freezer and put sticks in the oven, adding at least another 3-5 minutes baking time.

