May 2017 - Elementary Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>DAILY SECOND CHOICE OPTION</strong></td>
<td><strong>BREAD</strong></td>
<td><strong>FRUIT</strong></td>
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<tr>
<td>Daily Breakfast Menu Includes: (Served in Select Schools Only)</td>
<td>Daily Lunch Menu Includes: Fresh Veggies or Salad Bar</td>
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<tr>
<td>Hard Boiled Egg ★ Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk</td>
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<tr>
<td>Muffin or Fruit Strudel</td>
<td>French Toast &amp; Sausage</td>
<td>Breakfast Pizza</td>
<td>Breakfast Bread Variety</td>
<td>Biscuit Sandwich</td>
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**DAY 1C**
- Italian Dunkers with Marinara
- Steamed Broccoli
- Fresh Apple Wedges

**DAY 2C**
- Bosco Sticks with Marinara Sauce
- Mixed Veggies
- Fresh Apple Wedges

**DAY 1D**
- Macaroni & Cheese Breadstick
- Steamed Broccoli
- Fresh Apples

**DAY 1A**
- Hot Dog on WG Bun Baked Fries with Ketchup Fresh Pear

**DAY 2A**
- Chicken Tenders Warm Biscuit Mashed Potatoes/Gravy Chilled Diced Pears

**DAY 3A**
- Beef Tenders Dinner Roll Mashed Potatoes/Gravy Chilled Diced Peaches

**DAY 3B**
- Pepperoni Pinwheel Sandwich Sweet Potato Fries Fresh Grapes

**DAY 1B**
- Crispito Refried Beans Santa Fe Rice Frozen Fruit Juice

**DAY 2D**
- Manager’s Choice Fresh Veggie Patch Fresh Grapes

**DAY 3C**
- St. Vrain Fresh Baked Pizza Steamed Broccoli Tropical Fruit Mix

**DAY 1B**
- Manager’s Choice Fresh Veggie Patch Fresh Grapes

**DAY 2B**
- Manager’s Choice Baked Beans Fresh Strawberries

**DAY 3D**
- “Providing Fuel For Student Achievement”

- Vegetarian option.
- Scratch-made in our kitchens.
- Colorado Grown

All menus subject to change.
Harvest of the Month - Peas

Green peas may look small and unimportant, but those little green globes that you find on your lunch tray or in your bowl of soup actually pack a big punch when it comes to flavor and health.

In terms of your health, peas have a nice amount of protein for their small size. When you eat protein it helps you feel full and it is very important for helping you build muscles. Peas also contain fiber, which most of us don’t eat enough of!

Orzo, Snap Peas & Parmesan

- 1 ½ lbs sugar snap peas
- 1 lb orzo (or any small pasta)
- 1 tsp lemon zest
- ¼ cup grated parmesan
- drizzle olive oil
- dash salt and pepper

Recipe Courtesy of: WhatsUpForKids.com

Get Movin’ In May

May is National Physical Fitness and Sports Month. Let’s celebrate and get active!

As you probably know, regular physical activity is good for your health. Did you know that adults should get at least 30 minutes and children at least 60 minutes of physical activity per day? But where do you start?

If you are just getting started, start out slow and increase physical activities gradually. As time goes on, you will be able to do them longer and more often.

Choose physical activities you are able to do and enjoy, so you will stick with them. It is always a good idea to check with your doctor about which type of physical activities are right for you. People of all ages and body sizes benefit from physical activities, even if you feel you are out of shape or have not exercised in a long time.

An active lifestyle can also help lower your risk of many chronic diseases such as heart disease, diabetes, stroke, and cancer. It may be a challenge getting started but it can be done. Start slow, and if you are unable to do an activity, don’t be too hard on yourself.

Instead, be proud of what you can do, and for pushing yourself to do it.

Maintaining an active lifestyle requires making a commitment to yourself and your health. Try these suggestions to help keep you active:

- Set goals and rewards – set short term and long term goals. Reward yourself when you reach your goals. Some ideas can be new exercise gear, music, or going to see a movie with a friend.
- Find a support system – get an exercise buddy! This will help you stick with being active and it can be more fun.
- Track your progress – keeping track will help you realize how far you have come.
- Appreciate yourself – be proud of your progress and accomplishments.

Meal Prices

Breakfast
- Elementary - $1.50
- K-12 Reduced - Free
- Adult - $2.00

Lunch
- Elementary - $2.75
- K-5 Reduced - Free
- Adult with Milk - $3.75

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.

Article Courtesy of: HealthFinder.com