

March 2017 - Elementary Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Daily Breakfast Menu Includes:
(Served in Select Schools Only)


Hard Boiled Egg ★ Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk




| | | | | |
|-------------------------|------------------------|-----------------|-------------------------|--------------------------------------|
| Muffin or Fruit Strudel | French Toast & Sausage | Breakfast Pizza | Breakfast Bread Variety | Biscuit Sandwich or Biscuits & Gravy |
|-------------------------|------------------------|-----------------|-------------------------|--------------------------------------|

LUNCH

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

DAILY SECOND CHOICE OPTION

| | | | | |
|---|----------------------------|---|-------------------------|---|
|  PBJ Sandwich | Egg or Tuna Salad Sandwich |  Yogurt Basket | Chef Salad or Bento Box | Turkey Sandwich or Fruit & Yogurt Parfait |
|---|----------------------------|---|-------------------------|---|



 - Vegetarian option.
 - Scratch-made in our kitchens.
 - Colorado Grown
All menus subject to change.


NATIONAL SCHOOL BREAKFAST WEEK
March 7—10

1 Late Start Day
French Toast Sticks
Sausage Patties
Fresh Veggies
Cinnamon Apples


2 Day 2D
Crispito w/green chili
Santa Fe Rice
Refried Beans
Frozen Fruit Juice Cup

3 Day 3A
Grilled Cheese Sandwich
Tomato Soup
Steamed Broccoli
Fresh Clementines


6 Day 1B
 Spaghetti Bake 
Garlic Knot
Steamed Broccoli
Fresh Apple Wedges

7 Day 2C
Cheeseburger with condiments
Baked Beans
 Chilled Diced Peaches

8 Day 3D
Bean/Cheese Burrito 
Santa Fe Rice
Sweet Corn
Tropical Fruit Mix


9 Day 1A
BBQ Meatballs 
Warm Biscuit
Scalloped Potatoes
Fresh Clementines

10 Day 2B
Fish Treasures
Graham Crackers
Sweet Potato Fries
Frozen Fruit Juice Cup


13 Day 3C
Pizza Crunchers 
with marinara sauce
Steamed Carrots
Fresh Apple Wedges

14 Day 1D
Orange Chicken
Asian Style Rice
Mixed Veggies
Tropical Fruit


15 Day 2A
Rib Sandwich with BBQ sauce
Baked Beans
Fresh Clementines

16 Day 3B
 Outrageous Chicken Nachos
Sweet Corn
Cinnamon Apples

17 Day 1C 
 St. Vrain Fresh Baked Pizza Variety
Steamed Broccoli
Frozen Fruit Juice Cup

20 Day 2D
Macaroni & Cheese 
Breadstick
Steamed Broccoli
Fresh Apple Wedges

21 Day 3A
Roasted Chicken
Mashed Potatoes/Gravy
Warm Biscuit
Fresh Grapes

22 Day 1B
 Chicken & Noodles
WG Dinner Roll
Green Beans
Blueberries in a Cloud

23 Day 2C
Beef Tenders
Graham Crackers
Sweet Potato Fries
Frozen Fruit Juice Cup

24
No School

27

28

29

30

31

No School

Harvest of the Month - Carrots

Sneaky Carrot Mac and Cheese

Ingredients

- 1 lb. (16 oz bag) pasta
- 1/2 lb. carrots, washed and chopped
- 1/2 stick butter
- 1 1/2 C milk
- 1/2 C cheddar cheese, shredded
- 1/2 C parmesan cheese, shredded
- 1/2 T honey
- salt & pepper to taste

Instructions

1. In one pot, start cooking carrots.
2. In another pot, start boiling water for noodles.
3. Add cooked carrots to a blender and add milk until it reaches a smooth puree.

4. Cook noodles, set aside.
5. Melt butter. Add carrot puree, noodles, and cheese.
6. Stir until well mixed.
7. Add honey, and salt & pepper to taste.
8. Watch everyone's faces, but don't look suspicious.



Need it to be dairy free? Use almond milk in place of milk, and goat milk cheddar in place of the cheese. Need it gluten free? Use rice noodles. Tastes just as good.

Recipe Courtesy of: WhiteHouseBlackShutters.com

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

Meal Prices

Breakfast

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

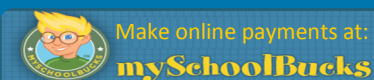
Lunch

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.



March is National Nutrition Month

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Try the following tips to enjoy more fruits and vegetables every day.

- Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini as pizza toppings.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
- Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
- Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
- Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner.

- Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
- "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
- Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
- Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Article Courtesy of: EatingRight.org