

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

## BREAKFAST

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

Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk

|                                   |                        |                 |               |                    |
|-----------------------------------|------------------------|-----------------|---------------|--------------------|
| Muffin/String Cheese<br>Or Frudel | French Toast / Sausage | Breakfast Pizza | Breakfast Bar | Breakfast Sandwich |
|-----------------------------------|------------------------|-----------------|---------------|--------------------|

## LATE START DAY

APRIL 4TH

## LUNCH

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

SCHOOL STARTS 11:30 AM  
AM KINDERS DO NOT ATTEND THIS

MONTH

## DAILY SECOND CHOICE OPTION

|                |                            |                 |                                       |                                      |
|----------------|----------------------------|-----------------|---------------------------------------|--------------------------------------|
| ✓ PBJ Sandwich | Egg or Tuna Salad Sandwich | ✓ Yogurt Basket | Chef Salad<br>Or Fruit & Cheese Plate | Turkey Sandwich<br>Or Yogurt Parfait |
|----------------|----------------------------|-----------------|---------------------------------------|--------------------------------------|

|   |  |   |   |   |
|---|--|---|---|---|
| <p><b>3</b> GOLD/1</p> <p>Italian Dunkers ✓<br/>with marinara sauce<br/>Steamed Broccoli<br/>Fresh Apple Wedges</p> | <p><b>4</b> PURPLE/2</p> <p>Crispito<br/>w/green chili<br/>Refried Beans<br/>Chilled Diced Peaches</p>             | <p><b>5</b> <span style="background-color:gray; color:white;">Late Start Day<br/>COLORLESS</span></p> <p>French Toast Sticks<br/>Sausage Patties<br/>Fresh Veggies<br/>Fresh Banana</p> | <p><b>5</b> <b>GO ROCKIES!</b></p> <p>GREEN/3<br/>Hot Dog on WG Bun<br/>with condiments<br/>Oven Baked Fries<br/>Frozen Fruit Juice Cup</p> | <p><b>7</b> RED/1</p> <p>Fish Treasures<br/>Graham Crackers<br/>Sweet Potato Fries<br/>Tropical Fruit</p>       |
| <p><b>10</b> GOLD/2</p> <p>Bosco Sticks ✓<br/>with marinara sauce<br/>Steamed Broccoli<br/>Fresh Apple Wedges</p>   | <p><b>11</b> PURPLE/3</p> <p>Cheeseburger<br/>with condiments<br/>Baked Beans<br/>Chilled Diced Peaches</p>        | <p><b>12</b> GREEN/1</p> <p>Turkey &amp; Gravy over<br/>Mashed Potatoes<br/>WG Dinner Roll<br/>Green Beans<br/>Dried Cranberries</p>  | <p><b>13</b> RED/2</p> <p>Meatball Sub<br/>Sandwich<br/>Oven Baked Fries<br/>Fresh Grapes</p>   | <p><b>14</b> GOLD/3</p> <p>🥄 St. Vrain Fresh Baked<br/>Pizza Variety<br/>Steamed Carrots<br/>Tropical Fruit</p> |
| <p><b>17</b> PURPLE/1</p> <p>🥄 Spaghetti Bake ✓<br/>Breadstick<br/>Steamed Broccoli<br/>Cinnamon Apple Slices</p>   | <p><b>18</b> GREEN/2</p> <p>Orange Chicken<br/>Asian Style Rice<br/>Mixed Veggies<br/>Tropical Fruit</p>           | <p><b>19</b> RED/3</p> <p>Rib Sandwich<br/>with BBQ sauce<br/>Baked Beans<br/>Frozen Fruit Juice Cup</p>  | <p><b>20</b> GOLD/1</p> <p>Beef Tenders<br/>Warm Biscuit<br/>Mashed Potatoes &amp; Gravy<br/>Chilled Diced Peaches</p>                      | <p><b>21</b> PURPLE/2</p> <p>Italian Panini<br/>Sandwich<br/>Sweet Potato Fries<br/>Fresh Grapes</p>            |
| <p><b>24</b> GREEN/3</p> <p>Macaroni &amp; Cheese ✓<br/>Breadstick<br/>Steamed Broccoli<br/>Fresh Apple Wedges</p>  | <p><b>25</b> RED/1</p> <p>Chicken Tenders<br/>Mashed Potatoes/Gravy<br/>Warm Biscuit<br/>Chilled Diced Peaches</p> | <p><b>26</b> GOLD/2</p> <p>🥄 Chicken &amp; Noodles<br/>WG Dinner Roll<br/>Green Beans<br/>Tropical Fruit</p>  | <p><b>27</b> PURPLE/3</p> <p>Outrageous Chicken<br/>Nachos<br/>Chickpea Pico de Gallo<br/>Fresh Grapes</p>                                  | <p><b>28</b> GREEN/1</p> <p>Pepperoni Pinwheel<br/>Sandwich<br/>Steamed Carrots<br/>Cinnamon Apple Slices</p>   |

✓ - Vegetarian option.

🥄 - Scratch-made in our kitchens.

 - Colorado Grown

All menus subject to change.

### 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).

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provider and employer.

## Harvest of the Month - Spinach

### Mini Spinach and Cheese Pizza Rolls

#### Ingredients

- 1 small yellow onion, finely chopped
- 1 clove garlic, minced
- 1 T olive oil plus 1 teaspoon
- 3 oz. package fresh baby spinach
- 1/4 t. salt
- 1/8 t. ground black pepper
- 1/2 of a 13.8 oz. package of pizza dough
- 2 T shredded mozzarella
- 2 T finely shredded Parmesan cheese

#### Instructions

1. Preheat oven to 375 degree F. Grease 12 mini muffin cups; set aside.
2. In a large skillet cook onion and garlic in 1 t. of the oil until tender. Add spinach; cook and stir over medium heat just until wilted. Drain off

excess liquid. Stir in salt and pepper. Let cool.

3. On a well-floured surface, unroll pizza dough and shape into a 12x4-inch rectangle. Brush surface of dough with the remaining 1 t. oil. Spread spinach mixture to within 1 inch of the edges of dough. Sprinkle with cheese. Starting with one of the long sides, roll dough into a spiral.
4. Slice roll into 12 pieces. Place cut side up in prepared muffin cups. Sprinkle with Parmesan cheese. Bake for 16 to 18 minutes or until golden brown. Let stand in muffin cups for 2 minutes. Carefully remove from cups and serve warm. Makes 12 rolls.



Recipes Courtesy of: [MomToMomNutrition.com](http://MomToMomNutrition.com)

### Scan to Get Menu's on Your Phone



### Meal Prices

| Breakfast           | Lunch               |
|---------------------|---------------------|
| Elementary - \$1.50 | Elementary - \$2.75 |
| K-12 Reduced - Free | K-5 Reduced - Free  |
| Adult - \$2.00      | Adult - \$3.75      |

#### 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.

Questions regarding the menu?

Contact Shelly Allen at 303.682.7255 or  
[allen\\_shelly@svvsd.org](mailto:allen_shelly@svvsd.org)



### Spring Into Physical Activity as a Family



If your kids are bored and you don't know what to do, it's the perfect time to get the whole family moving! Exercising as a family is a great way to spend quality time together, enjoy the warm weather, and show your children that staying fit is an important priority at every age.

Here's how all of you can have fun and stay active during your Spring Break, and how you can make physical activities a priority for your family on the weekends too:

- Remember the classics: kids love when parents join in on Hide and Seek, Simon Says, Red Light/Green Light, or fun run races in the backyard.
- Take family walks and hikes. Bring a picnic to build in some rest time.
- Be a tourist. Visit a museum, the zoo or check out the offerings at the local farmer's market.
- Don't let bad weather stop you in your tracks. Play physically demanding interactive video games. Or, move the old fashioned way by turning up your kids' favorite songs and showing them your dance moves.
- Start a family bowling tournament or try a game of mini-golf.
- Play kickball, softball, or shoot some hoops.
- Start a vegetable garden. Maintaining a garden can be a great activity, and children will be more likely to eat their vegetables if they took part in growing them.

Article Courtesy of: [Dukehealth.org](http://Dukehealth.org)