

**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
-------------------------	------------------------	-----------------	-------------------------	--------------------------------------

**NO LATE START  
IN JANUARY**

**LUNCH**

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

**DAILY SECOND CHOICE OPTION**

 PBJ Sandwich	Egg or Tuna Salad Sandwich	 Yogurt Basket	 Fruit & Cheese Plate or Bento Box	Turkey Sandwich
<b>2</b> RED/2  Bosco Sticks with Marinara Steamed Broccoli Fresh Colorado Apples	<b>3</b> GOLD/3  Twisted Dog with condiments Baked Beans Chilled Diced Peaches	<b>4</b> PURPLE/1 French Toast Sticks Sausage Patties Fresh Veggie Patch Fresh Banana	<b>5</b> GREEN/2 BBQ Meatballs Dinner Roll Scalloped Potatoes Frozen Fruit Juice Treat	<b>6</b> RED/3  St. Vrain Fresh Baked Pizza Variety Steamed Carrots Chilled Diced Pears
<b>9</b> GOLD/1  Pizza Crunchers with Marinara Sauce Steamed Broccoli Fresh Colorado Apples	<b>10</b> PURPLE/2 Orange Chicken Asian Style Rice Mixed Veggies Tropical Fruit	<b>11</b> GREEN/3  BBQ Pork Sandwich Baked Fries with Ketchup Fresh Clementine	<b>12</b> RED/1 Crispito Refried Beans Santa Fe Rice Chilled Diced Peaches	<b>13</b> <b>No School</b>
<b>16</b> <b>No School</b>	<b>17</b> GOLD/2 Cheeseburger with condiments Baked Beans Chilled Diced Peaches	<b>18</b> PURPLE/3  Italian Shells Whole Grain Garlic Knot Green Beans Fresh Colorado Apples	<b>19</b> GREEN/1 Beef Tenders Warm Biscuit Mashed Potatoes/Gravy Tropical Fruit Mix	<b>20</b> RED/2 Chicken Sandwich with condiments Sweet Potato Fries Fresh Clementine
<b>23</b> GOLD/3  Grilled Cheese Sandwich Tomato Soup Steamed Carrots Applesauce	<b>24</b> PURPLE/1 Roasted Chicken Baked Beans Warm Biscuit Fresh Grapes	<b>25</b> GREEN/2  Chicken & Noodles Whole Grain Dinner Roll Green Beans Blueberries in a Cloud	<b>26</b> RED/3 Sloppy Joes Baked Fries with Ketchup Fresh Clementine	<b>27</b> GOLD/1  St. Vrain Fresh Baked Pizza Variety Steamed Broccoli Chilled Diced Peaches
<b>30</b> PURPLE/2  Penne Pasta Bake Fresh Baked Breadstick Steamed Broccoli Fresh Apple	<b>31</b> GREEN/3 Chicken Tenders Whole Wheat Roll Mashed Potatoes/Gravy Chilled Diced Pears	 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown All menus subject to change.	★ <b>Exceptional Workers Wanted</b> ★ <ul style="list-style-type: none"> <li>• Work at your child's school or a school nearby!</li> <li>• Perfect position for parents to be home with school aged children!</li> <li>• Part-Time Cafeteria Positions Available</li> <li>• 2-3 hours/day - \$10.25/hour</li> <li>• To apply, contact Shelly Allen at 303.682.7255</li> </ul>	

## 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](mailto:allen_shelly@svvsd.org)

# Harvest of the Month - Turnips

## Crispy Turnip 'Fries'

### Ingredients

- 3 pounds turnips
- 1 tablespoon vegetable oil
- 1/3 cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon onion powder

### Directions

1. Preheat oven to 425 degrees. Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches.

3. Place into a large bowl, and toss with the vegetable oil to coat.
4. Place the Parmesan cheese, garlic salt, paprika, onion powder in a reseal-able plastic bag, and shake to mix.
5. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
6. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.



## Burr It's Cold Outside...Get Moving and Warm Up!

Don't let the cold weather stop you. Bundle up, go outdoors and have fun doing some of the following activities:

- Build a snowman.
- Make snow angels.
- Have a snowball fight.
- Go sledding, snowshoeing or ice skating.
- Build an igloo with snowballs.
- If there is no snow on the ground, go to the park, ride your bike, go on a family walk. Just remember to dress in layers.
- Organize a game with friends and family, try basketball, football, or baseball.
- Walk around the zoo - visiting the zoo during the winter is a great way to teach children about habitat, hibernation, and seasonal changes. Don't forget about Zoo Lights!

"Oh the weather outside is frightful" try one of these indoor activities:

- Try out a new class at your local recreation center.



- Go swimming at an indoor pool.
- Go for a walk at the mall (be sure to wear your pedometer).
- Play games like Twister™, Simon Says or Red Light/Green Light.
- While watching TV, turn commercial breaks into movement breaks. Create a list of exercises to choose from and when the show takes a break, you get moving.
- Back the cars out of the garage and have the kids jump rope, hula hoop, play catch etc...it will be warmer than going outside and the ground is clear.
- If you have a Wii or other active video game system, challenge your family to a round of boxing, bowling, Dance Dance Revolution or any other heart pumping game!

## 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

### 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.

