

# 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
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## 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
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 - Vegetarian option.  - Scratch-made in our kitchens.  - Colorado Grown <b>All menus subject to change.</b>	<p><b>LATE START</b> 3.1.17 11:30AM AM KINDERS ATTEND</p>	<p><b>1</b> <b>Late Start Day COLORLESS</b> French Toast Sticks Sausage Patties Fresh Veggies Cinnamon Apples</p>	<p><b>2</b> <b>GOLD/3</b> Crispito w/green chili Santa Fe Rice Refried Beans Frozen Fruit Juice Cup</p>	<p><b>3</b> <b>PURPLE/1</b> Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Fresh Clementines</p>
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<p><b>6</b> <b>GREEN/2</b>  Spaghetti Bake  Garlic Knot Steamed Broccoli Fresh Apple Wedges</p>	<p><b>7</b>  <b>NATIONAL SCHOOL BREAKFAST WEEK</b> <b>RED/3</b> Cheeseburger with condiments Baked Beans Chilled Diced Peaches</p>	<p><b>8</b> <b>GOLD/1</b> Bean/Cheese Burrito  Santa Fe Rice Sweet Corn Tropical Fruit Mix</p>	<p><b>9</b>  <b>PURPLE/2</b> BBQ Meatballs Warm Biscuit Scalloped Potatoes Fresh Clementines</p>	<p><b>10</b> <b>GREEN/3</b> Fish Treasures Graham Crackers Sweet Potato Fries Frozen Fruit Juice Cup</p>
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<p><b>13</b> <b>RED/1</b> Pizza Crunchers  with marinara sauce Steamed Carrots Fresh Apple Wedges</p>	<p><b>14</b> <b>GOLD/2</b> Orange Chicken Asian Style Rice Mixed Veggies Tropical Fruit</p>	<p><b>15</b> <b>PURPLE/3</b> Rib Sandwich with BBQ sauce Baked Beans Fresh Clementines</p>	<p><b>16</b> <b>GREEN/1</b>  Outrageous Chicken Nachos Sweet Corn Cinnamon Apples</p>	<p><b>17</b> <b>RED/2</b>   St. Vrain Fresh Baked Pizza Variety Steamed Broccoli Frozen Fruit Juice Cup</p>
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<p><b>20</b> <b>GOLD/3</b> Macaroni &amp; Cheese  Breadstick Steamed Broccoli Fresh Apple Wedges</p>	<p><b>21</b> <b>PURPLE/1</b> Roasted Chicken Mashed Potatoes/Gravy Warm Biscuit Fresh Grapes</p>	<p><b>22</b> <b>GREEN/2</b>  Chicken &amp; Noodles WG Dinner Roll Green Beans Blueberries in a Cloud</p>	<p><b>23</b> <b>RED/3</b> Beef Tenders Graham Crackers Sweet Potato Fries Frozen Fruit Juice Cup</p>	<p><b>24</b> <b>No School</b></p>
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<b>27</b>	<b>28</b>	<b>29</b> SPRING BREAK	<b>30</b>	<b>31</b>
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**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](http://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](mailto:allen_shelly@svvsd.org)

### Meal Prices

#### Breakfast

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

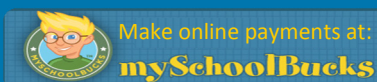
#### Lunch

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](http://EatingRight.org)