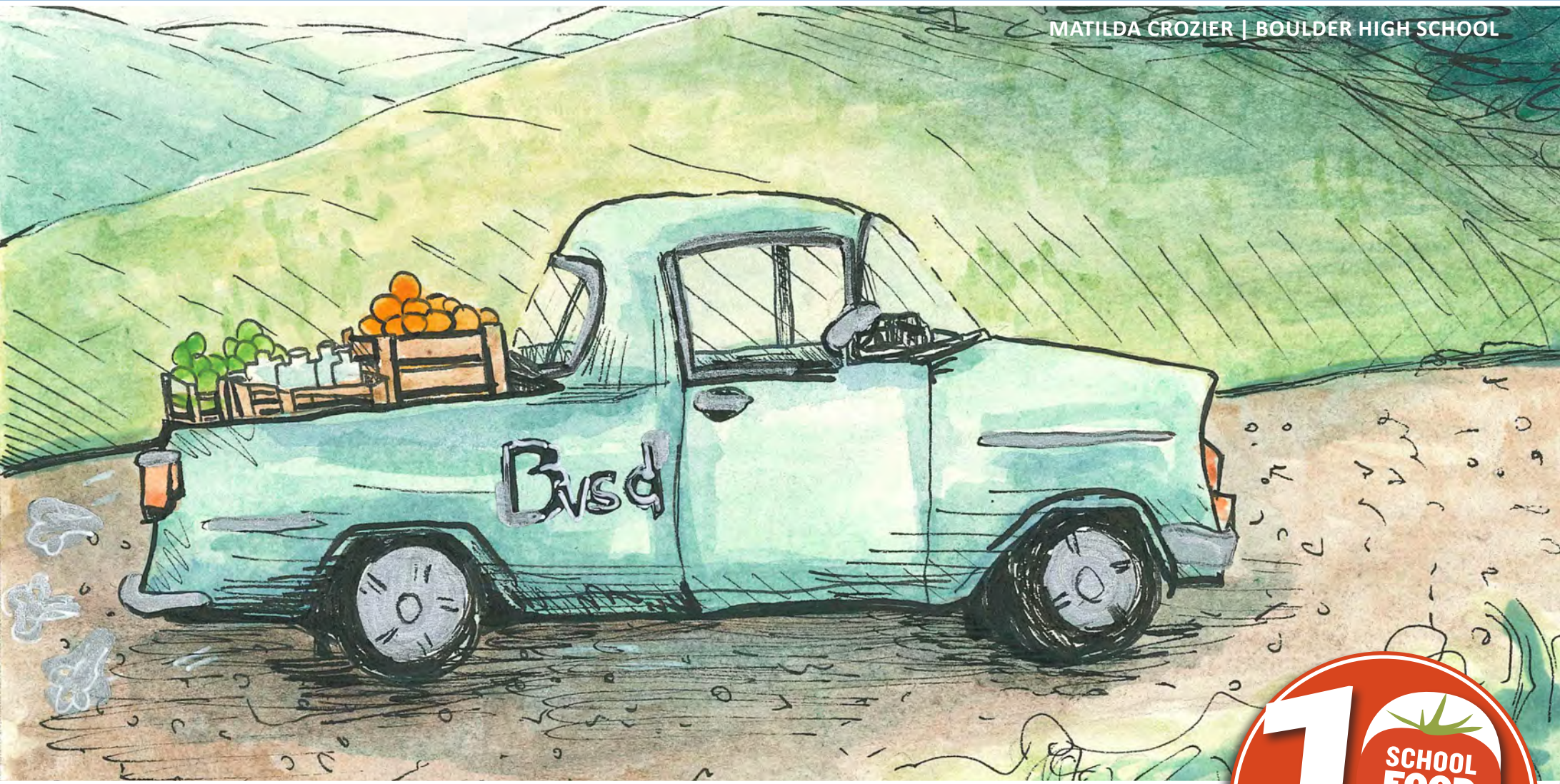




2018-19 BOULDER VALLEY SCHOOL DISTRICT ELEMENTARY SCHOOL MENU

MATILDA CROZIER | BOULDER HIGH SCHOOL



Boulder Valley School District

This is BVSD School Food Project's
10th year serving healthy, fresh,
local food to our young learners!



Get to know BVSD School Food Project's programs and events



Farm Field Trips

BVSD students visit working farms and learn more about farm operations, where their food comes from, and how the produce is grown.



Rainbow Days

There is a fully stocked, colorful, endless salad bar available to BVSD students at each school every day. On Rainbow Days, students learn about the benefits of eating healthy fruits and vegetables, and those who make a rainbow at the salad bar are rewarded with "I Made a Rainbow at the Salad Bar Today" stickers and wear them with pride.



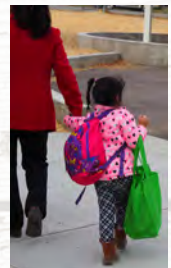
Locally Grown

The School Food Project teams up with local farmers each month to give kids a taste of fresh, locally grown fruits and vegetables. Look for our farmer partners at Colorado Proud School Meal Day, Market Day, and A Taste of BVSD.



Bag Program

BVSD's No Student Hungry program provides food to select group at our highest need schools in order to extend healthy eating and nutrition education beyond the school day. At the end of each week, the School Food Project provides reusable bags with shelf-stable, whole, unprocessed, fresh food and locally harvested produce to families for use during times when schools are closed, such as weekends and holiday breaks.



Letter from Chef Ann Cooper

Dear BVSD Parents & Caregivers,

Welcome to the 2018-19 school year! This year marks the 10th anniversary of the School Food Project – amazing how time flies. Throughout the year, we'll be taking a look back at where this all began and what's next.

I want to start by thanking everyone who made the School Food Project possible. Whether you're a Founding Family member, a healthy school food advocate, or a parent or guardian who just appreciates not having to pack a lunch every day, we couldn't have done this without you!

New Menu Items

Based on your survey feedback and input from students, we're excited to introduce 10 new entrees, including five plant-forward recipes. All grades can look forward to Beef Soft Tacos with Housemade Salsa, Falafel Flatbread Wrap with Creamy Cucumbers (vegan available), and Chili Smothered Baked Potato with Biscuit (vegetarian, vegan available). Secondary menu additions include Southwest Chicken Quinoa Protein Bowl, Iron Chef winning recipe Tomato Bisque with Toasted Cheese Sandwich (vegetarian), Nashville Hot Chicken Sandwich, Veggie Ramen with Tofu & Edamame (vegan), Meat Lovers Lasagna, and Baja Fish Tacos.

This year we will be switching from an all-beef meatball to a locally made homestyle turkey meatball for our Meatball Subs and Spaghetti with Meatballs. You'll also notice a handful of new 🌱 Harvest of the Month produce items, including some healthy dessert options. Secondary schools will again see a variety of Seasonal Salsas, marked on the calendar with the 🌶️ chili pepper logo. Elementary schools will also get to try our homemade salsas on certain nacho days.

Want to know more about a certain dish? Check out our food glossary or download our menu app from bvsd.yummy.org. We look forward to seeing you and your student in the cafeteria soon!

Back by popular demand

Whether adding some fruits and veggies to your meal or



making a salad meal, our endless salad bars (stocked with whole grain salads, house-made dressings, and local, farm-fresh produce) are a great option for everyone – and they're 100% gluten-free! Students are also encouraged to try our Harvest of the Month seasonal fruit and vegetable sides featuring a variety of local produce from BVSD's farmer partners: Cure Organic Farm, Isabelle Farm, Ollin Farm, Domenico Farm, Black Cat Farm, Kilt Farm, Jones Farms Organics, Bayberry Fresh, and Rocky Mountain Fresh. You can also be sure to find organic 1% milk and whole-grain baked goods in all BVSD schools. And of course, our food remains free of trans fats and hydrogenated oils, high-fructose corn syrup, hormones and antibiotics, processed and artificial sweeteners, artificial colors and flavors, artificial preservatives, and bleached flour.

Gluten-free items, and items that can be gluten free without the bun, are designated in the menu with GF. Our hormone- and antibiotic-free burgers, ground beef, and bone-in chicken are indicated on the menu with ABF, and nitrate- and nitrite-free all-beef hot dogs and sliced meats are marked on the menu with NNF. Meatless Mondays once a month are designated on the calendar by a green-bordered box.

Allergen and Nutrition Information

You can find allergen and nutrition information for all of our menu items at <https://food.bvsd.org/meals/Pages/Allergen-Info.aspx> or on our menu app, YumYummi. To join our Allergen Alert email group and receive timely information about menu and product changes, please contact Deb Trevor at deb.trevor@bvsd.org.

BVSD MyPaymentsPlus Online Meal Accounts

Set up a payment account in MyPaymentsPlus to ensure that your student always has money for school lunch or breakfast. It's fast and free to use. Go to bvsd.org/food and click on BVSD Meal Account in the bottom left hand corner for more information and to set up your student's account.

Food Truck and Catering

The Munchie Machine food truck will, once again, visit designated high schools once a week during lunch. Complete meals are available for purchase with student and staff meal accounts, regardless of meal benefits status. You can also find Munchie at community events along the Front Range, including your next meeting or party! Check out our menu and place an order at bvsd.org/catering. Like BVSD's Munchie Machine on



Facebook and follow us on Twitter, Instagram and Snapchat (@BVSDFoodTruck) for menus, locations, contests and more!

Work when your kids are in school

Looking for a few hours of work while the kids are in school? Join the School Food Project team! We are looking for friendly faces to join Food Services. Call Sarah Acker at 720-561-5049 or email her at sarah.acker@bvsd.org for more information. As a participant in the USDA's National School Lunch Program, BVSD is an equal opportunity provider and employer.

More information about menus, allergens, meal accounts, upcoming events, volunteer opportunities, and programs can be found on our website at bvsd.org/food. You can also download our new menu app at bvsd.yummy.org. We encourage you to subscribe to our monthly Fresh Bites newsletter and keep up with the latest on social media. If you ever have comments, questions or concerns, please do not hesitate to be in touch via phone (720-561-6131) or email (ann.cooper@bvsd.org).

To celebrate our 10th year of healthy school food in BVSD, we've included a coupon for a free parent lunch in this year's calendar! We hope you'll take this opportunity to join us in the cafeteria and experience BVSD's award-winning School Food Project for yourself. Thank you for your continued support and we look forward to sharing another great school year with you.

Sincerely,

Ann Cooper
Director of Food Services, Boulder Valley School District

BVSD earned five stars!

It is not only white tablecloth restaurants or celebrity chefs leading the Good Food revolution in this country. According to the national nonprofit measuring values-based procurement practices at food institutions across the country, it is an unlikely new sector leading the change: public school districts. For the first time in its history, in December 2017, the Center for Good Food Purchasing awarded a five-star ranking, with most points ever earned, to the BVSD School Food Project. The Center's Good Food Provider seal is a coveted marker of positive impact within the sustainable food system.

As part of our participation in this program, BVSD's School Food Project has engaged in an analysis of food supply chain in terms of alignment with the five values that are core to the Good Food Purchasing Program, expressly stated as: (1) Local Economies, (2) Environmental Sustainability, (3) Valued Workforce, (4) Animal Welfare, and (5) Nutrition.

"This award is to be shared with all school food and nutrition professionals," said Chef Ann Cooper, Director of Food Services at BVSD. "It is proof positive that a school district can actually influence a local or regional food economy. I want our record high score to catalyze school districts everywhere to now believe they can be at the vanguard of not just school food improvement, but overall societal change."

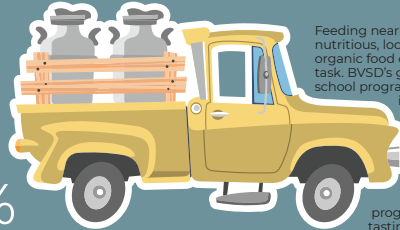
BVSD SCHOOL FOOD PROJECT EARNED THE Good Food Provider Seal

BVSD is the first organization ever to earn a perfect score (**five stars**) from The Good Food Purchasing Program for its food system integrity.

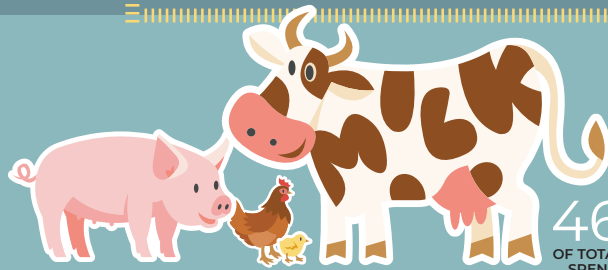


Here's Why!

41.57%
OF TOTAL FOOD SPEND IS LOCALLY SOURCED (\$890,700).



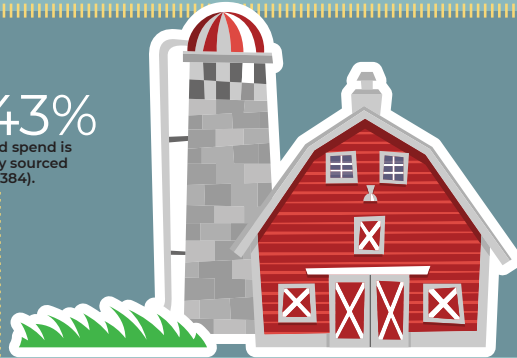
Feeding nearly 13,000 students fresh, nutritious, local and – when possible – organic food every day is no easy task. BVSD's grassroots farm-to-school program has resulted in the continued expansion of BVSD's local food procurement. Farmers not only supply produce but also participate in lunchtime education programs such as produce tastings, school visits, and field trips that are scheduled throughout the school year.



46.05%
OF TOTAL MEAT AND DAIRY SPEND IS HIGH ANIMAL WELFARE (\$510,650).

BVSD's key suppliers of meat/dairy supply antibiotic-free meat and USDA organic milk. Healthy and humane care for farm animals is important to BVSD!

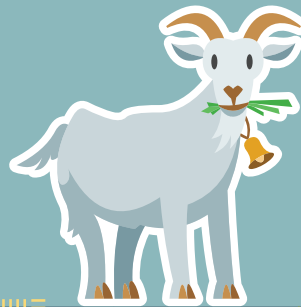
26.43%
of total food spend is sustainably sourced (\$566,384).



Public food should reflect public values. BVSD strives to achieve a more transparent, equitable and sustainable food system.

92%
of nutrition standards were met.

BVSD's nutrition standards promote health and well-being by offering generous portions of vegetables, fruits, and whole grains; reducing salt, added sugars, fats and oils; and by eliminating artificial additives.



With farmer vendor numbers growing, consumption of fruits and vegetables expanding, and average daily participation in our district's school-food program rising, we believe BVSD's local food purchases will continue to increase. BVSD's end goal has always been and continues to be to provide fresh, healthy food to enhance the health and lives of its students.



Boulder Valley School District



A Central Kitchen is coming in 2019

In 2014, voters approved a bond program that will include the construction of a new central kitchen. Currently, all meals for BVSD schools are cooked from scratch in three regional production kitchens. However, these retrofitted kitchens have reached their capacity for storage, preparation, cooking and refrigeration. Construction on the new central kitchen began in August 2018, and will be located behind the Education Center, where the Transportation facility has been. The new central kitchen, including additional storage for locally purchased products, a café, a dedicated area for the No Student Hungry bag program, and eventually, a teaching kitchen, is scheduled to be completed by August 2019.

BVSD's School Food Project will, once again, push the school food envelope and continue as a leader in school food across the country. Our new facility will allow us to host special events, seminars and cooking classes. Food literacy for the students, faculty, staff and community of BVSD will be a major component of the program. Our primary responsibility has been and will continue to be to feed BVSD students the healthiest possible food and setting the standard for school food across the country. The new central kitchen is our next step towards achieving this goal. We will be excited to have you join us at our new facility this time next year!



ABOUT YOUR CHILD'S CAFETERIA MEAL ACCOUNT

- + All students have a personal meal account. Students access their account using their six-digit student ID#.
- + Putting money on your student's account in advance eliminates the need for your child to bring money to school. Having money in their account also helps keep lunch lines moving. Send cash or check in any dollar amount to be credited to your child's personal meal account, or go to MyPaymentsPlus.com to register your free account and add money. MyPaymentsPlus.com is fast, easy and very convenient to use.
- + With MyPaymentsPlus.com, you can set up a low-balance email reminder for when your student's account gets below a level you choose. If you prefer, set up an auto-refill when your student's account drops to a level you choose. No money is ever charged to your credit card without your approval and there are no transaction fees.
- + If using checks, please make payable to: **BVSD Food Services**. Write your child's first and last name and student ID# on the check to be sure the money is deposited in the correct account.
- + When students bring a lunch from home, they may use their account to purchase milk, juice, fruit and side salad bar.
- + Please contact the cafeteria or MyPaymentsPlus.com as needed to check on your child's account balance before it gets too low.

FREE OR REDUCED-PRICE MEALS

Free or reduced price meal applications are **now available** to be filled out **online**. You can complete the application from your Infinite Campus Student/Parent Portal (go to www.bvsvd.org and click on [Infinite Campus Student/Parent Portal](#)). Once you are logged into your portal account, please select Applications/Forms on the left side to begin the application process. The application will ask for specific information and at the end you may submit your application to be processed. Free and reduced meal applications must be completed each year. They do not roll over.

Please note that a portal account must be created if you do not already have one. To create your Infinite Campus parent portal account, first you will need to get an Activation Key from your child's school.

If you have free/reduced application questions in general, please email Lola in the Food Services Office at dolores.campos-herzf@bvsvd.org.

BVSD FOOD SERVICES

6500 Arapahoe Rd.,
Boulder, Colorado 80303

Director Ann Cooper
ann.cooper@bvsvd.org
Office: 720.561.6131
bvsvd.org/food



Boulder Valley School District
Excellence and Equity

USDA IS AN EQUAL OPPORTUNITY
PROVIDER AND EMPLOYER.

No BVSD taxpayer dollars were used for this calendar project. Thank you from the BVSD School Food Project to the following health-conscious companies who made this calendar possible for all BVSD families.

Presenting sponsor:

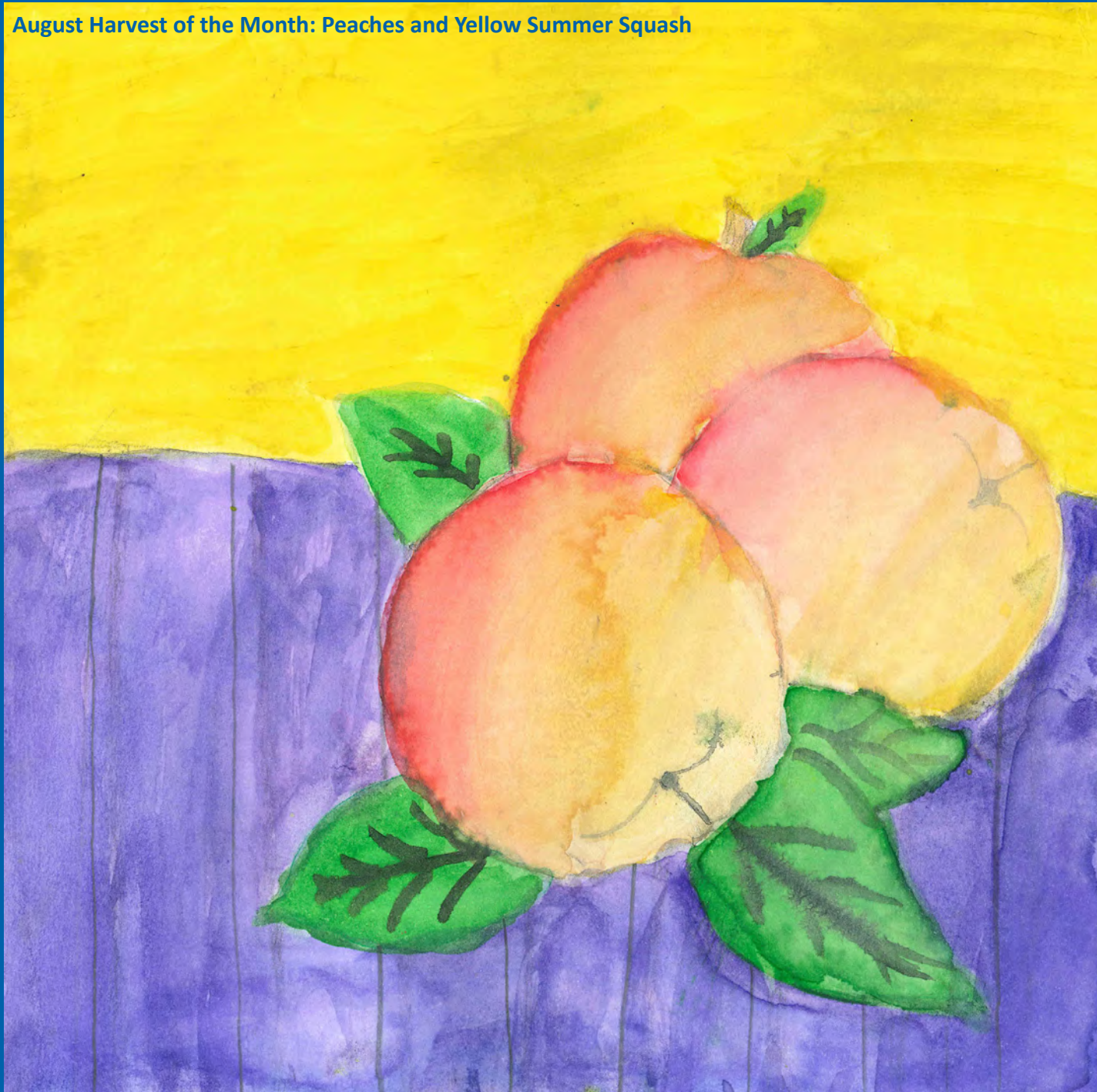
Lucky's Market



COLORADO TORTILLA CO.



August Harvest of the Month: Peaches and Yellow Summer Squash



Artwork by:
Lila Mosberger
Bear Creek Elementary



My favorite school lunch is *french toast* because *bread is yummy*.

I get excited when I see *oranges* on our school salad bar.

If I were a farmer, I would grow *potatoes*.

Local farmer partner:

farmer
ANNE CURE
{Cure Organic Farm}



“Our goal is to feed local families week after week, and connect them with where their food is grown.”

Presenting sponsor:

**Lucky's
Market**

Local partners:



 **Boulder Valley School District**



Lucky's Healthy Lifestyle Tip: Back-to-school season is stressful for kids and adults alike, but too much stress can lead to health issues such as insomnia and a sluggish immune system. Manage stress by not overloading your schedule and taking time to relax, play and spend time with family and friends.

AUGUST

HARVEST AND SALSA OF THE MONTH!

Look for 🍷 Roasted Summer Squash and 🍑 Fresh Peach Salsa on our August menu, and Quinoa Tabouli, local cherry tomatoes, carrots, cucumbers, broccoli, summer squash and Western Slope peaches on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Beef Nachos^{ABF GF} with Cheese Sauce – Aug. 17</p> 	<p>ON THE MENU! Cheese Pizza – Aug. 20</p> 	<p>ON THE MENU! Mac & Cheese – Aug. 21</p> 	1	2	3	<p>4</p>  <p>SCHOOL FOOD PROJECT</p> <p><small>Boulder Valley School District Excellence and Equity</small></p>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			<p>15 Pepperoni Pizza^{ABF NNF} Cheese Pizza</p>	<p>16 All-Beef Hot Dog^{ABF NNF GF} Cheese Ravioli & Garlic Bread BBQ Baked Beans^{GF}</p>	<p>17 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p>	
19	20	21	22	23	24	25
	<p>20 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>21 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese</p>	<p>22 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>23 Chicken Potstickers with Fried Rice Toasted Cheese Sandwich^(GF Available)</p>	<p>24 Beef^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	
26	27	28	29	30	31	<p>ON THE MENU! Roasted Summer Squash^{GF} – Aug. 30</p> 
<p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>27 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>28 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>29 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🍑 Fresh Peach Salsa^{GF}</p>	<p>30 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone 🍷 Roasted Summer Squash^{GF}</p>	<p>31 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF} Gravy & Dinner Roll Veggie Quesadilla 🍷 Healthy Dessert: Peach Blueberry Crisp</p>	

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



September Harvest of the Month: Tomatoes and Zucchini Squash

Artwork by:
Monibah Amin
Centaurus High School



My favorite school lunch is *nachos* because *it's appealing to my taste buds*.

I get excited when I see *strawberries* on our school salad bar.

If I were a farmer, I would grow *corn*.

Local farmer partner:

farmer
HAYDN
CHRISTENSEN
{Bayberry Fresh}



"It is great to see fresh local produce breaking boundaries and finding its way into new institutions such as our schools."

Presenting sponsor:

Lucky's Market

Local partners:



 **Boulder Valley School District**



Lucky's Healthy Lifestyle Tip: Try canning or pickling techniques to use up all of your summer produce and enjoy tasty local products all winter long!

SEPTEMBER

FEATURED ON THE MENU IN SEPTEMBER!

Look for 🍅 Fresh Tomato Cucumber Salad, Roasted Zucchini, and 🌱 Green Pea Guacamole on our September menu. Quinoa Tabouli, local cherry tomatoes, carrots, cucumbers, cantaloupe and watermelon, and Western Slope peaches, pears and apples will be featured on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Chicken Strips^{ABF} with Dipping Sauce – Sept. 5 & 21</p> 	<p>ON THE MENU! All-Beef Hot Dog – Sept. 11 & 25</p> 	<p>ON THE MENU! Roasted Zucchini Squash^{GF} – Sept. 13</p> 	<p>ON THE MENU! Spaghetti Marinara and Turkey Meatballs – Sept. 19</p> 	<p>ON THE MENU! Fresh Tomato and Cucumber Salad^{GF} – Sept. 20</p> 	<p>ON THE MENU! Veggie Cheese Flatbread – Sept. 28</p> 	<p>1</p>  <p>Boulder Valley School District Excellence and Equity</p>
2	3 LABOR DAY	4 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	5 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread	6 Hamburger ^{ABF GF} Falafel & Hummus Flatbread Wrap with Creamy Cucumbers Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF}	7 French Toast Casserole with Turkey Sausage ^{GF} and Berry Sauce ^{GF} Green Chili & Cheese Tamales ^{GF} with Refried Beans ^{GF}	8
9	10 Pasta Alfredo Cheese Pizza Pesto Pizza MEATLESS MONDAY	11 All-Beef Hot Dog ^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato ^{GF} with Biscuit BBQ Baked Beans ^{GF}	12 Local Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Local Anasazi Beans ^{GF} Brown Rice ^{GF} COLORADO PROUD DAY	13 Oven Roast Chicken ^{ABF GF} with Brown Rice ^{GF} Cheese Calzone 🚜 Roasted Zucchini Squash ^{GF}	14 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread	15
16 Find allergen information, menu updates and more at bvsd.org/food	17 PROFESSIONAL DEVELOPMENT DAY	18 BBQ Pulled Pork ^{GF} Sandwich Cheese Pizza Pepperoni Pizza ^{ABF NNF}	19 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese	20 Hamburger ^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF} 🍷 Fresh Cucumber Tomato Salad ^{GF}	21 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap	22
23 30	24 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	25 All-Beef Hot Dog ^{ABF NNF GF} Veggie Burrito BBQ Baked Beans ^{GF}	26 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Brown Rice ^{GF} 🌱 Green Pea Guacamole ^{GF}	27 Oven Fried Chicken ^{ABF} with Brown Rice ^{GF} Green Chili Tamales ^{GF} with Refried Beans ^{GF}	28 Roast Turkey ^{GF} Dinner with Mashed Potatoes ^{GF} , Gravy & Dinner Roll Veggie Cheese Flatbread	29 BVSD DAY AT THE MARKET

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.

October Harvest of the Month: Bell Peppers and Cucumbers



Artwork by:
Maya Leising
BCSIS Elementary
School



My favorite school lunch is *chicken* because *it's tasty!*

I get excited when I see *pickles* on our school salad bar.

If I were a farmer, I would grow *tomatoes*.

Local farmer partner:

farmer
MARK GUTTRIDGE
{Ollin Farms}

"Farming allows me to work with nature, build healthy soils, grow healthy plants, and to live in the rhythm of the seasons."



Presenting sponsor:

**Lucky's
Market**

Local partners:



 **Boulder Valley School District**

**Lucky's
Market**

Lucky's Healthy Lifestyle Tip: Fall is full of festive, fun food celebrations. Be sure to include fresh fruit and veggies on your table, swapping high-calorie or high-sugar sides for steamed or roasted vegetables.

OCTOBER

HARVEST AND SALSA OF THE MONTH!

Look for 🌿 Ollin Farm Pepper Slaw and Housemade Bread and Butter Pickles and 🌱 Green Pea Guacamole on our October menu, and Colusari Red Rice Salad, local peppers, cherry tomatoes, carrots, cucumbers, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Ollin Farm Pepper Slaw^{GF} – Oct. 3</p> 	<p>1 Veggie Enchiladas Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>2 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese</p>	<p>3 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} Oven Baked Fries^{GF} 🌿 Ollin Farm Pepper Slaw</p>	<p>4 Chicken Potstickers with Fried Rice Toasted Cheese Sandwich^(GF available)</p>	<p>5 Beef^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	<p>6  Boulder Valley School District Excellence and Equity</p>
<p>7</p>	<p>8 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>9 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>10 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p> <p>INTERNATIONAL WALK TO SCHOOL DAY</p>	<p>11 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Quesadilla</p>	<p>12</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	<p>13</p>
<p>14</p>	<p>15 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>16 Centennial Chicken^{GF} Street Taco Macaroni and Cheese</p>	<p>17 Hamburger^{ABF GF} Cheeseburger^{ABF GF} Falafel & Hummus Flatbread Wrap with 🌿 Creamy Cucumbers Oven Baked Fries^{GF} 🌿 Housemade Bread & Butter</p>	<p>18 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Green Chili and Cheese Tamales^{GF} with Refried Beans^{GF}</p>	<p>19 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread</p>	<p>20</p>
<p>21</p>	<p>22 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>23 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>24 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌱 Green Pea Guacamole^{GF}</p> <p>NATIONAL FOOD DAY</p>	<p>25 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone Healthy Dessert: Apple Cobbler</p>	<p>26 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread</p>	<p>27</p> <p>A TASTE OF BVSD</p>
<p>28</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>29 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>30 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese</p>	<p>31 Hamburger^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>ON THE MENU! Beef Nachos^{ABF GF} with Cheese Sauce – Oct. 10</p> 	<p>ON THE MENU! Falafel & Hummus Flatbread – Oct. 17</p> 	<p>ON THE MENU! Crispy Chicken Filet^{ABF} Sandwich – Oct. 22</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



November Harvest of the Month: Broccoli and Cauliflower

Artwork by:

Nicole Norrevik
Centennial Middle School



My favorite school lunch is *hot dogs* because *they are good*.

I get excited when I see *cucumbers* on our school salad bar.

If I were a farmer, I would grow *berries*.

Local farmer partner:

farmer

JONES FAMILY
{Jones Farms Organics}



Presenting sponsor:

Lucky's Market

Local partners:



Boulder Valley School District



Lucky's Healthy Lifestyle Tip: Thanksgiving can be a big day for food waste. Show your thanks by keeping food out of the landfill. Give leftovers to guests in reusable containers, label with the date and their name and hand out as they leave. Save the scraps, peelings and trimmings of meal prep in a freezer container to make soup or stock in the future.

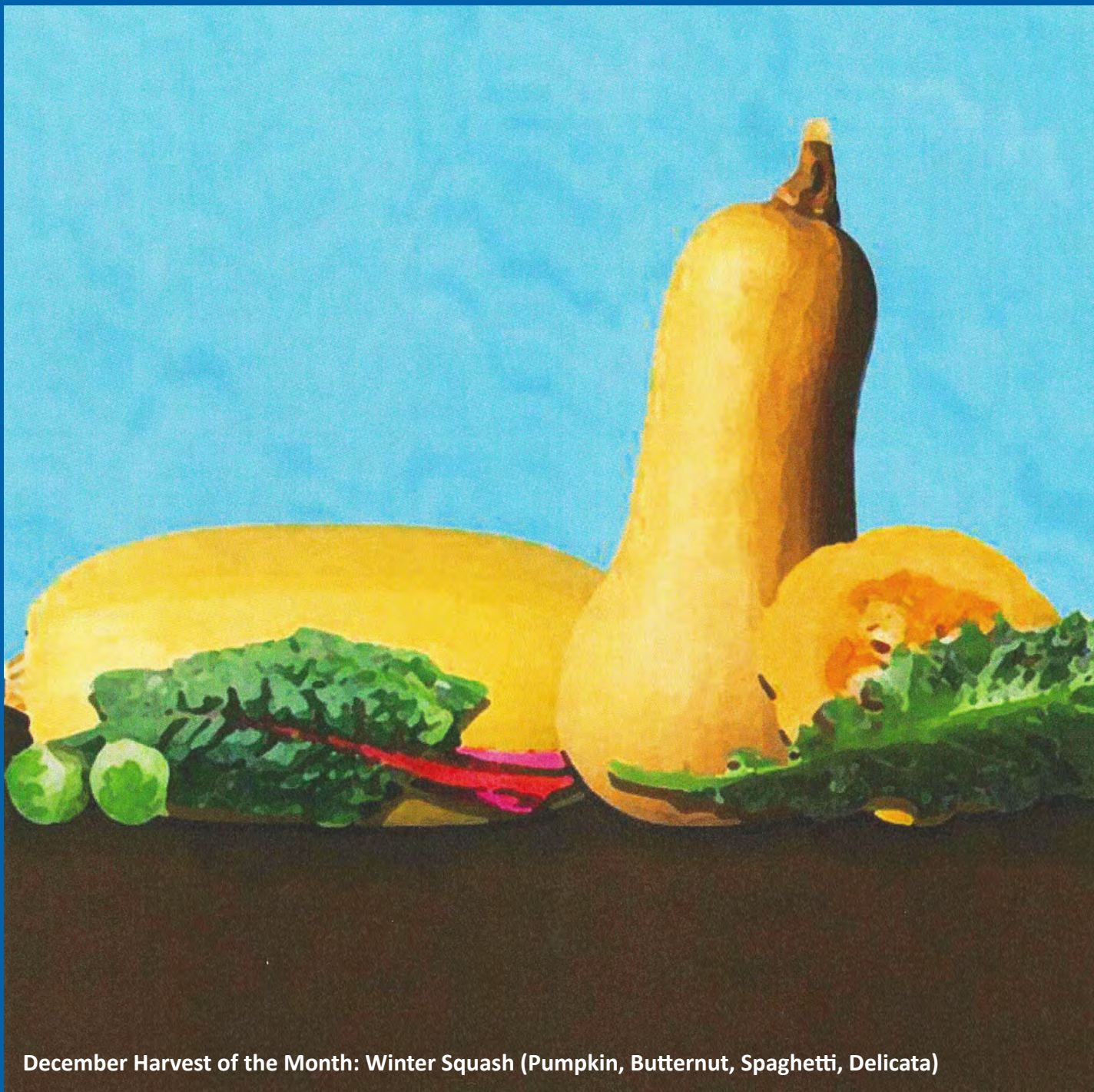
NOVEMBER

HARVEST AND SALSA OF THE MONTH!

Look for 🌱 Roasted Carrots, Curried Cauliflower and Carrots, Jones Farm Mashed Potatoes and 🌱 Green Pea Guacamole on our November menu, and Autumn Wild Rice Broccoli Salad, carrots, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Toasted Cheese Sandwich – Nov. 2</p> 	<p>ON THE MENU! Pasta Alfredo – Nov. 5</p> 	<p>ON THE MENU! Casey/Summit Chicken^{ABF} and Waffles – Nov. 14</p> 	<p>ON THE MENU! Green Pea Guacamole^{GF} – Nov. 29</p> 	<p>1 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap</p>	<p>2 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Toasted Cheese Sandwich (^{GF} available)</p>	<p>3  Boulder Valley School District Excellence and Equity</p>
<p>4</p>	<p>5 Pasta Alfredo Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>6 All-Beef Hot Dog^{ABF NNF GF} Veggie Burrito BBQ Baked Beans^{GF}</p>	<p>7 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p>	<p>8 Oven Fried Chicken with Brown Rice^{GF} Green Chili Tamales^{GF} with Refried Beans^{GF} 🌱 Curried Cauliflower and Carrots^{GF}</p>	<p>9 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Cheese Flatbread</p>	<p>10</p>
<p>11</p> <p>VETERAN'S DAY</p>	<p>12</p> <p>VETERAN'S DAY OBSERVED</p>	<p>13 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>14 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese</p>	<p>15 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>16 Beef^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
THANKSGIVING BREAK						
<p>25</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>26 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>27 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>28 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌱 Green Pea Guacamole^{GF}</p>	<p>29 Oven Roast Chicken^{ABF, GF} with Brown Rice^{GF} Cheese Calzone 🌱 Roasted Carrots^{GF}</p>	<p>30 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Quesadilla</p>	<p>ON THE MENU! Bean Nachos^{GF} with Cheese Sauce – Nov. 28</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



December Harvest of the Month: Winter Squash (Pumpkin, Butternut, Spaghetti, Delicata)

Artwork by:

Nico Hansen
Monarch High School



My favorite school lunch is *salad bar* because *it has a good variety of toppings to choose from.*

I get excited when I see *kale* on our menu.

If I were a farmer, I would grow *carrots.*

Local farmer partner:

farmers

NATALIE & JASON CONDON
{Isabelle Farm}



“Growing food on a small, sustainable scale connects us to the environment and the local community in a meaningful way.”

Presenting sponsor:

**Lucky's
Market**

Local partners:



 **Boulder Valley** School District

**Lucky's
Market**

Lucky's Healthy Lifestyle Tip: Don't let wilted veggies scare you enough to throw them away. If a vegetable or fruit looks like it may be going 'bad', throw it in a baked casserole, soup, or a smoothie with ice.

DECEMBER

HARVEST AND SALSA OF THE MONTH!

Look for 🍷 Whipped Butternut Squash, Spaghetti Squash, and 🍷 Green Pea Guacamole on our December menu, and Colusari Red Rice Kale Salad, local beets, carrots, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Homestyle Turkey Meatball Sub Cheese Pizza	4 Centennial Chicken ^{GF} Street Taco Macaroni and Cheese	5 Hamburger ^{ABF GF} Falafel & Hummus Flatbread with Creamy Cucumbers Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF}	6 French Toast Casserole with Turkey Sausage ^{GF} and Berry Sauce ^{GF} Green Chili & Cheese Tamales ^{GF} with Refried Beans ^{GF}	7 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread 🍷 Spaghetti Squash ^{GF}	1 8
9	10 Crispy Chicken Filet ^{ABF} Sandwich Cheese Pizza	11 All-Beef Hot Dog ^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato ^{GF} with Biscuit BBQ Baked Beans ^{GF}	12 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Brown Rice ^{GF} 🍷 Green Pea Guacamole ^{GF}	13 Oven Roast Chicken ^{ABF GF} with Brown Rice ^{GF} Cheese Calzone Healthy Dessert: Pear Ginger Crumble	14 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread	15
16	17 Veggie Enchiladas Cheese Pizza Pesto Pizza MEATLESS MONDAY	18 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese	19 Hamburger ^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF}	20 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap 🍷 Whipped Butternut Squash ^{GF}	21 French Toast Casserole with Turkey Sausag ^{GF} and Berry Sauce ^{GF} Toasted Cheese Sandwich ^(GF Available)	22
23	24	25	26	27	28	29
WINTER BREAK						
30	31	ON THE MENU! Homestyle Turkey Meatball Sub – Dec. 3	ON THE MENU! Cheeseburger ^{ABF GF} – Dec. 5 & 19	ON THE MENU! Spaghetti Squash – Dec. 7	ON THE MENU! Beef Nachos with Cheese Sauce – Dec. 12	 
Find allergen information, menu updates and more at bvsd.org/food	WINTER BREAK					

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



January Harvest of the Month: Beets and Turnips

N.D.

Artwork by:
Neela Duda
Coal Creek Elementary
School



My favorite school lunch is
French toast because *it is so
delicious.*

I get excited when I see *salad*
on our school salad bar.

If I were a farmer, I would grow *carrots.*

Local farmer partner:



Presenting sponsor:

**Lucky's
Market**

Local partners:



 **Boulder Valley School District**

**Lucky's
Market**

Lucky's Healthy Lifestyle Tip: Make sure your plate is colorful! Have you ever looked down at your meal and noticed everything is beige? Maximize your health benefits by filling at least half of your plate with colorful fruits and vegetables. Not only is it great for your body, but it also makes your meal much more visually appealing.

JANUARY

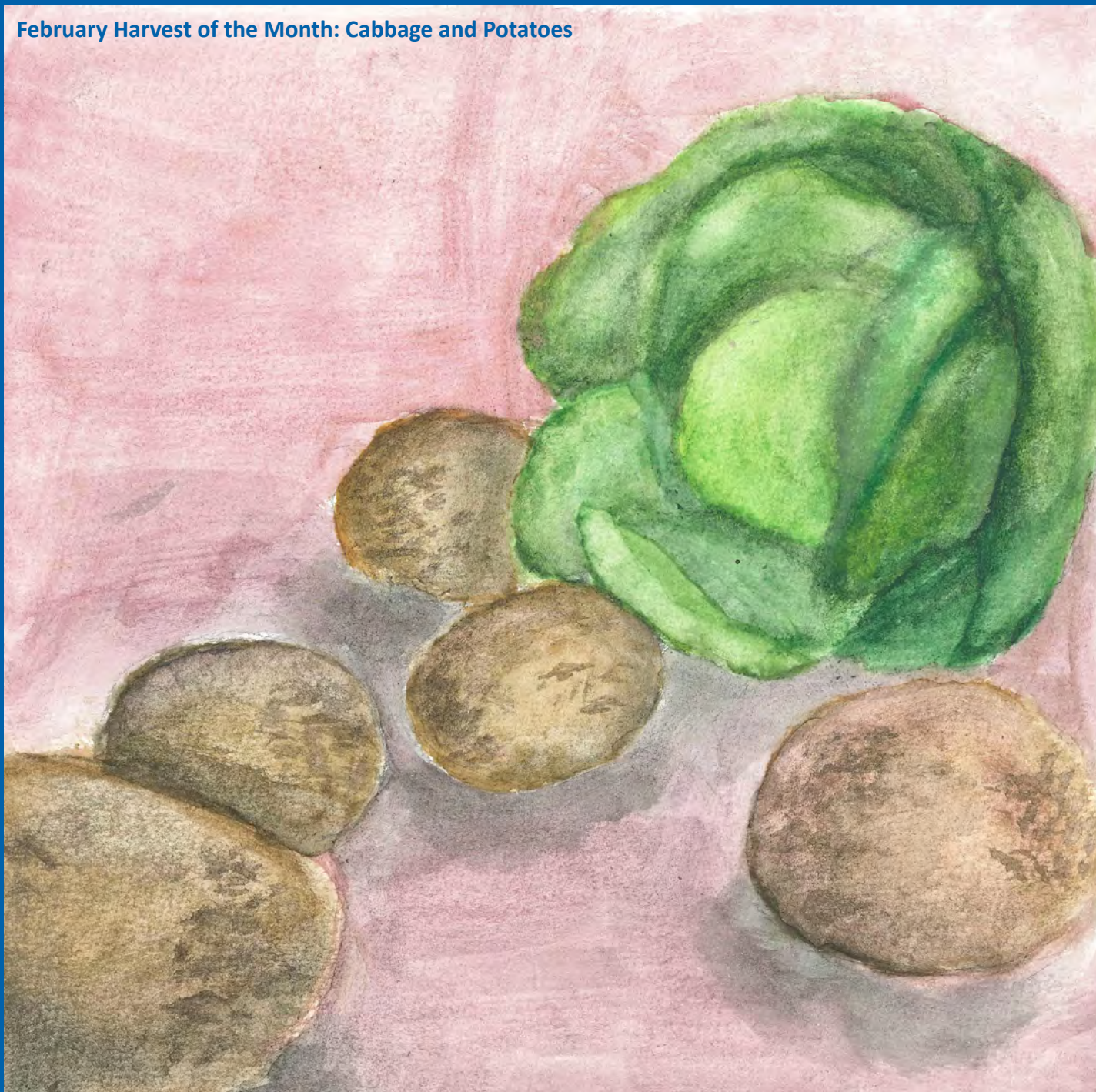
HARVEST AND SALSA OF THE MONTH!

Look for 🌿 Balsamic Beets, Jones Farm Mashed Potatoes, and 🌿 Green Pea Guacamole on our January menu, and Ruby Rice Beet Salad, local carrots, and shredded beets and chilled roasted root vegetables on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Pepperoni Pizza^{ABF NNF} – Jan. 8, 14 & 22</p> 	<p>ON THE MENU! Casey/Summit Chicken^{ABF} & Waffles – Jan. 15</p> 	1	2	3	4	<p>5</p>  <p>SCHOOL FOOD PROJECT</p> <p><small>Boulder Valley School District Excellence and Equity</small></p>
WINTER BREAK						
6	7 PROFESSIONAL DEVELOPMENT DAY	8 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	9 All-Beef Hot Dog ^{ABF NNF GF} Veggie Burrito BBQ Baked Beans ^{GF}	10 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Brown Rice ^{GF}	11 Oven Fried Chicken with Brown Rice ^{GF} Green Chili Tamales ^{GF} with Refried Beans ^{GF} 🌿 Balsamic Beets ^{GF}	12
13	14 BBQ Pulled Pork ^{GF} Sandwich Cheese Pizza Pepperoni Pizza ^{ABF NNF}	15 Casey/Summit Chicken ^{ABF} & Waffles Macaroni & Cheese Garlic Bread	16 Hamburger ^{ABF GF} Chickpea Masala ^{GF} with Flatbread Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF}	17 Chicken Potstickers with Fried Rice Toasted Cheese Sandwich ^(GF Available)	18 Beef ^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese	19
20	21 MARTIN LUTHER KING, JR. DAY	22 Crispy Chicken Filet ^{ABF} Sandwich Cheese Pizza Pepperoni Pizza ^{ABF NNF}	23 All-Beef Hot Dog ^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato ^{GF} with Biscuit BBQ Baked Beans ^{GF}	24 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Brown Rice 🌿 Green Pea Guacamole ^{GF}	25 Roast Turkey ^{GF} Dinner with Mashed Potatoes ^{GF} , Gravy & Dinner Roll Veggie Quesadilla	26
WINTER BIKE TO WORK/SCHOOL						
27 Find allergen information, menu updates and more at bvsd.org/food	28 Pasta Alfredo Cheese Pizza Pesto Pizza MEATLESS MONDAY	29 Centennial Chicken ^{GF} Street Tacos Macaroni & Cheese	30 Hamburger ^{ABF GF} Falafel & Hummus Flatbread with Creamy Cucumbers Cheeseburger ^{ABF GF} Oven Baked Fries ^{GF} 🌿 Balsamic Beets ^{GF}	31 French Toast Casserole with Turkey Sausage ^{GF} and Berry Sauce ^{GF} Green Chili & Cheese Tamales ^{GF} with Refried Beans ^{GF}	<p>ON THE MENU! Centennial Chicken^{GF} Street Tacos – Jan. 29</p> 	<p>ON THE MENU! Balsamic Beets^{GF} – Jan. 11 & 30</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.

February Harvest of the Month: Cabbage and Potatoes



Artwork by:
Ragan Lee
Southern Hills
Middle School



My favorite school lunch
is *pizza* because
it's really good.

I get excited when I see *strawberries* on our
school salad bar.

If I were a farmer, I would grow *apples*.

Local partners:



TUNDRA
RESTAURANT SUPPLY
www.etundra.com



Presenting sponsor:

**Lucky's
Market**

 **Boulder Valley School District**



Lucky's Healthy Lifestyle Tip: Buy from bulk bins and purchase the exact amount you need (e.g. measure ½ cup of expensive pine nuts instead of buying a whole bag). Reduce waste and save money!

FEBRUARY

HARVEST AND SALSA OF THE MONTH!

Look for 🌱Oven Baked Fries, Jones Farm Purple Mashed Potatoes, and 🌱 Green Pea Guacamole on our February menu, and Butternut Ruby Rice Salad, carrots, cabbage, and shredded beets on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Cheese Calzone – Feb. 7</p> 	<p>ON THE MENU! Pesto Pizza – Feb. 11</p> 	<p>ON THE MENU! Oven Baked Fries^{GF} – Feb. 13 & 27</p> 	<p>ON THE MENU! Tofu Bibimbap^{GF} – Feb. 14</p> 	<p>ON THE MENU! Chicken Strips^{ABF} – Feb. 1 & 14</p> 	<p>1 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread</p>	<p>2  Boulder Valley School District Excellence and Equity</p>
3	<p>4 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>5 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>6 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p>	<p>7 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone Carrot Cake</p>	<p>8 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread</p>	9
10	<p>11 Veggie Enchiladas Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>12 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese</p>	<p>13 Hamburger^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger^{ABF GF} 🌱Oven Baked Fries^{GF}</p>	<p>14 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap</p>	<p>15</p> <p>PROFESSIONAL DEVELOPMENT DAY</p>	16
17	18	<p>19 Homestyle Turkey Meatball^{ABF} Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>20 All-Beef Hot Dog^{ABF NNF GF} Veggie Burrito BBQ Baked Beans^{GF}</p>	<p>21 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌱 Green Pea Guacamole^{GF}</p>	<p>22 Roast Turkey^{GF} Dinner with 🌱Jones Farms Organics Purple Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Cheese Flatbread</p>	23
24	<p>25 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>26 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese Garlic Bread</p>	<p>27 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} 🌱Oven Baked Fries^{GF}</p>	<p>28 Chicken Potstickers with Fried Rice Toasted Cheese Sandwich^(GF Available)</p>	<p>ON THE MENU! Macaroni & Cheese – Feb. 26</p> 	<p>ON THE MENU! Cheeseburger – Feb. 13 & 27</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



March Harvest of the Month: Peas

Artwork by:
Blake Maxhimer
Mesa Elementary
School



My favorite school lunch is *beef nachos* because *they're really tasty.*

I get excited when I see *pickles* on our school salad bar.

If I were a farmer, I would grow *potatoes.*

Local farmer partner:



farmer
MICHAEL MOSS
(Kilt Farms)

"I want to make sure that my community has access to the healthiest food so we can all become more healthy!"

Presenting sponsor:

**Lucky's
Market**

Local partners:

SupplyWorks **IN-HARVEST**
A Home Depot Company Whole Grains, Rice and Legumes

 **Boulder Valley School District**



Lucky's Healthy Lifestyle Tip: Get your morning started with a balanced, nutritious breakfast. Try a savory option and start your day with yummy veggies! Add fresh tomatoes, avocado and bell pepper to your breakfast burrito. Or make a medley of quinoa, kale, squash and tomato to mix into a bowl – prepare it the night before and take it on the go.

MARCH

HARVEST AND SALSA OF THE MONTH!

Look for 🌱 Colorado Pinto Beans, Jones Farm Mashed Potatoes, and 🌿 Green Pea Guacamole on our March menu, and Southwest Quinoa Salad on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Shredded Pork^{GF} Soft Tacos – March 5 & 19</p> 	<p>ON THE MENU! Cheese Pizza – March 4, 11 & 18</p> 	<p>ON THE MENU! Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF} & Gravy – March 8</p> 	<p>ON THE MENU! French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} – March 14</p> 	<p>ON THE MENU! Fireside Broccoli Cheese Stuffed Potato^{GF} – March 19</p> 	<p>1 Beef^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	<p>2</p>  <p>Boulder Valley School District Excellence and Equity</p>
3	<p>4 Pasta Alfredo with Garlic Bread Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>5 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit 🚜 BBQ Baked Beans^{GF}</p>	<p>6 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p>	<p>7 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone</p>	<p>8 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Quesadilla</p>	9
10	<p>11 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>12 Centennial Chicken^{GF} Street Taco Macaroni and Cheese</p>	<p>13 Hamburger^{ABF GF} Falafel & Hummus Flatbread with Creamy Cucumbers Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>14 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Green Chili & Cheese Tamales^{GF} with 🌱 Colorado Refried Beans^{GF}</p>	<p>15 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread</p>	16
<p>17</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>18 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>19 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit 🚜 BBQ Baked Beans^{GF}</p>	<p>20 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌿 Green Pea Guacamole^{GF}</p> <p>SFP IRON CHEF COMPETITION</p>	<p>21 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone</p>	<p>22 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread</p>	23
24	25	26	27	28	29	30
31	SPRING BREAK					

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.

April Harvest of the Month: Spring Greens (Spinach, Arugula, etc.)



Artwork by:
Timothy Kwon
Summit Middle
School



My favorite school lunch
is *pesto sandwich* because
it tastes good.

I get excited when I see
apples on our school salad bar.

If I were a farmer, I would grow *peaches.*

Local farmer partner:



farmer
JEREMY MARSH
{Rocky Mountain Fresh}

"I hope that by
offering
our vegetables to
students the future
generation may
realize they can
make a difference
locally."

Presenting sponsor:

**Lucky's
Market**

Local partners:



**LEGACY
MEATS**

 **Boulder Valley School District**



Lucky's Healthy Lifestyle Tip: Just like cooking your own meals is one way to eat healthier, growing your own food is budget-friendly and supports a healthy lifestyle!

APRIL

HARVEST AND SALSA OF THE MONTH!

Look for 🍷Cranberry Spinach Feta Salad, Strawberry Spinach Feta Salad, and 🌿Green Pea Guacamole and Strawberry Salsa on our April menu, and Sundried Tomato Grain Salad on salad bars.

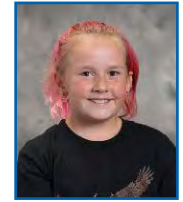
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>ON THE MENU! Hamburger^{ABF GF} – April 3 & 18</p>	<p>1 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>2 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese</p>	<p>3 Hamburger^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>4 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap</p>	<p>5 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Toasted Cheese Sandwich^(GF available)</p>	<p>6  Boulder Valley School District Excellence and Equity</p>
7	<p>8 Veggie Enchiladas Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>9 All-Beef Hot Dog^{ABF NNF GF} Veggie Burrito BBQ Baked Beans^{GF}</p>	<p>10 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌿Green Pea Guacamole^{GF}</p>	<p>11 Oven Fried Chicken^{ABF} with Brown Rice^{GF} Green Chili Tamales^{GF} with Refried Beans^{GF} 🍷Cranberry Spinach Feta Salad^{GF}</p>	12	13
14	15	<p>16 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p> <p>CONFERENCE EXCHANGE DAY</p>	<p>17 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese</p>	<p>18 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>19 Beef^{FABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	20
21	<p>22 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>23 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>24 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🍷Strawberry Salsa^{GF}</p> <p>BVSD BIKE TO SCHOOL DAY</p>	<p>25 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone 🍷Strawberry Spinach Feta Salad^{GF}</p>	<p>26 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Quesadilla</p>	27
28	<p>29 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>30 Centennial Chicken^{GF} Street Taco Macaroni & Cheese</p>	<p>ON THE MENU! Oven Fried Chicken^{ABF} – April 11</p> 	<p>ON THE MENU! BBQ Pulled Pork Sandwich – April 16</p> 	<p>ON THE MENU! Crispy Chicken Filet^{ABF} Sandwich – April 22</p> 	<p>ON THE MENU! Beef Nachos^{ABF GF} with Cheese Sauce – April 10 & 24</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.



May Harvest of the Month: Radishes and Peas

Artwork by:
Zoe Dunning
Lafayette Elementary
School



My favorite school lunch is *nachos* because *I like corn chips and meat.*

If I were a farmer, I would grow *watermelon.*

Local farmer partner:



farmer
ERIC SKOKAN
{Black Cat Farm}

“When I tell people I am a farmer, their response tells me how special my work is to everyone. Grow, eat and love your food! ”

Presenting sponsor:

**Lucky's
Market**

Local partners:

**COLORADO
TORTILLA CO.**



 **Boulder Valley** School District



Lucky's Healthy Lifestyle Tip: Our hot, sunny Colorado summer is here! Remember to lather with sunscreen whenever spending time outside. Don't forget the neck, face, ears, tops of your feet, and legs. Lip balm with SPF15 minimum is important, too!

MAY

HARVEST AND SALSA OF THE MONTH!

Look for 🌱 Radish Slaw, Jones Farm Mashed Potatoes, Very Berry Cobbler and 🌿 Green Pea Guacamole on our May menu, and Quinoa Tabouli and local radishes and cucumbers on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ON THE MENU! Green Chili and Cheese Tamales^{GF} – May 2</p> 	<p>ON THE MENU! Chicken Strips – May 3 & 16</p> 	<p>ON THE MENU! Green Pea Guacamole – May 8</p> 	<p>1 Hamburger^{ABF GF} Falafel & Hummus Flatbread with Creamy Cucumbers Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>2 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Green Chili & Cheese Tamales^{GF} with Refried Beans^{GF}</p>	<p>3 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Cheese Ravioli with Garlic Bread</p>	<p>4  Boulder Valley School District Excellence and Equity</p>
<p>5</p> <p>CINCO DE MAYO</p>	<p>6 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>7 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>8 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌿 Green Pea Guacamole^{GF}</p>	<p>9 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone 🌱 Radish Slaw^{GF}</p>	<p>10 Chicken Potstickers with Fried Rice Cheese Ravioli with Garlic Bread</p> <p>SFP PLANT SALE</p>	<p>11</p> <p>SFP PLANT SALE</p>
<p>12</p>	<p>13 Pasta Alfredo Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>14 Spaghetti Marinara and Meatballs^{ABF} Spaghetti Marinara with Cheese</p>	<p>15 Hamburger^{ABF GF} with Oven Baked Fries^{GF} Chili Smothered Baked Potato with Biscuit Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>16 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap 🌱 Very Berry Cobbler^{GF}</p>	<p>17 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Toasted Cheese Sandwich^(GF available)</p> <p>SFP PLANT SALE</p>	<p>18</p> <p>SFP PLANT SALE</p>
<p>19</p>	<p>20 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>21 All-Beef Hot Dog^{ABF NNF GF} Veggie Burrito BBQ Baked Beans^{GF}</p>	<p>22 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF}</p>	<p>23 Chef's Choice</p> <p>LAST DAY OF SCHOOL</p>	<p>24</p>	<p>25</p>
<p>26</p> <p>Find allergen information, menu updates and more at bvsd.org/food</p>	<p>27</p> <p>MEMORIAL DAY</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>ON THE MENU! Radish Slaw^{GF} – May 9</p> 

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.

JUNE

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1  Boulder Valley School District Excellence and Equity
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Find allergen information, menu updates and more at bvsd.org/food	17	18	19	20	21	22
23 30	24	25	26	27	28	29



Lucky's Healthy Lifestyle Tip: Drink more water, especially before meals. Drinking water can help boost your metabolism, and drinking water 30 minutes before a meal helps with digestion and helps your body signal that it's full.

JULY

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4	5	6
				INDEPENDENCE DAY		 Boulder Valley School District Excellence and Equity
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Find allergen information,
menu updates and more
at bvsd.org/food



Lucky's Healthy Lifestyle Tip: Seek out local foods. Visit your local farmer's market or farm stand. Eating foods that are grown locally and that are in season results in more nutrient density. Buying in-season produce can also save you money!



COVER ART PROVIDED BY:

Matilda Crozier
Boulder High School

My favorite school lunch is *chicken ramen* because *they use spaghetti*.

I get excited when I see *cheese* on our school salad bar.

If I was a farmer, I would grow *carrots*.



HONORABLE MENTION ARTWORK



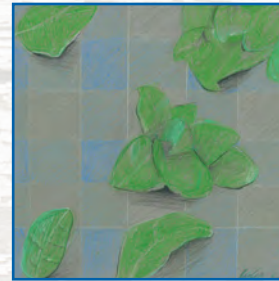
Allison Diaz
Centennial Middle



Aneka Pawlak
Centaurus High



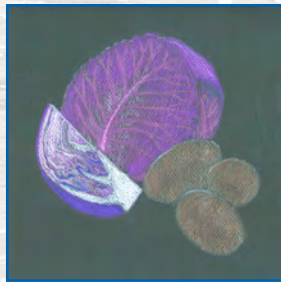
Isabel Morales
Lafayette Elementary



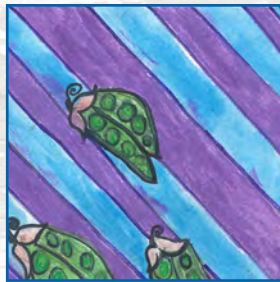
Julia Hunt
Summit Middle



Luana Cooper
Summit Middle



Nora Blair Houston
Southern Hills Middle



Sarah Short
Mesa Elementary



Claudia Burgess
Boulder High



Boulder Valley School District
Excellence and Equity



CONNECT WITH BVSD SCHOOL FOOD PROJECT ONLINE!

Go to bvsd.org/food to access your BVSD Meal Account and find out what's for lunch each day. You can also connect with SFP on Facebook, Instagram, Twitter and Snapchat.

- Facebook – TheSchoolFoodProject
- Twitter – @SchoolFoodProj
- Instagram – @SchoolFoodProject
- Snapchat – @BVSDSchoolFood

And stay up to date with the Munchie Machine's weekly schedule, menu and stories, too!

- Facebook – BVSDMunchieMachine
- Twitter – @BVSDfoodtruck
- Instagram – @BVSDfoodtruck
- Snapchat – @BVSDFoodTruck

NOW CALLING FOR VOLUNTEERS!

Are you passionate about healthy food for all kids? Get involved with the School Food Project today! Parent and Community Volunteers help students at Tastings, Rainbow Days, Harvest of the Month programs, and farm-to-school and community events. Parent Liaisons are also our communication link from each school to SFP and back. Activities including sharing school food information with your school community and volunteering at lunchroom education programs and community events. Learn more at bvsd.org/food.