



2019-20 BOULDER VALLEY SCHOOL DISTRICT SECONDARY SCHOOL MENU

PARKER ALBIN | MONARCH HIGH SCHOOL



 **BOULDER VALLEY SCHOOL DISTRICT**



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

Community Events

Each year, the School Food Project teams up with farmers, producers, chefs and schools to give students and their families the opportunity to taste, touch, see, smell and experience locally grown food, freshly prepared recipes, and the importance of healthy, delicious food for all students. Look for upcoming events such as Colorado Proud School Meals Day, BVSD Day at the Boulder Farmers Market, A Taste of BVSD, our two Iron Chef Competitions and the Plant & Seed Sale on this school lunch calendar.

Rainbow Days

Did you know getting kids involved with food, culinary, nutrition and agricultural education has been shown to increase fruit and vegetable consumption by 43%? That's why we offer a wide selection of activities to involve students in making healthy eating choices, such as "Make a Rainbow at the Salad Bar" Days. Students, whether they are enjoying school lunch or bringing a meal from home, are invited to take at least three colors from the salad bar because eating a variety of colors contributes to a healthy diet.

Bag Program

BVSD's No Student Hungry program expanded significantly last year. The program more than doubled in size to provide food to more than 550 students each week. In partnership with Community Food Share and the YMCA of Northern Colorado, the School Food Project provides reusable bags with shelf-stable, whole, unprocessed food and fresh produce to families for use during times when schools are closed, such as weekends and holiday breaks. The No Student Hungry program offers a unique opportunity to support food and nutrition security in our community by reducing barriers to access and engaging participants with important nutrition education through a weekly newsletter and bilingual classes.

Letter from Chef Ann Cooper

Welcome back, BVSD Families!

This summer was a busy one for the School Food Project. Construction on the Central Kitchen was in full swing, while work on the Ed Center began. We wrapped up a number of exciting projects in food waste and local food and started some new ones, including the build-out of our new website! Our Catering department changed course with the retirement of the food truck, but we're expanding our service times and menus. We have a lot of news to share with you, so please, read on...

New Menu Items

Based on your survey feedback and input from students, we're excited to introduce 13 new entrees. All grades can look forward to Coconut Chicken Strips with Sweet Chile Sauce & Orange Rice, Chicken Gyro on Flatbread, Chicken Tinga Tacos, Justin & Hosea's Veggie Enchiladas (plant forward, vegetarian), Plant Forward Nachos with Fresh Pico de Gallo (plant forward, vegetarian, vegan available), Pork Carnitas Tacos, Toasted Cheese Sandwich with Tomato Soup (vegetarian), and Veggie Chili Cheese Fries with Tortilla (plant forward, vegetarian, vegan available). Secondary menu additions include Buffalo Style Chicken Drumsticks, Cajun Cheesy Chicken Po'boy, Italian Sausage Hoagie with Roasted Red Peppers & Provolone, Meat Lovers Calzone, Thai Curry Chicken Bowl, and the 2019 Iron Chef winning recipe Casey/Summit Topsy Noodles with Tofu (plant forward, vegetarian, vegan available).

Secondary schools will again see a variety of seasonal salsas, marked on the calendar with the 🌶️ chili pepper icon. Elementary schools will also get to try our homemade salsas on certain nacho days.

For those interested in sustainable meals, we've added a new icon to this year's calendar. All plant forward dishes, containing at least 51% plant-based protein, are now marked with the 🌿 leaf in hand icon. Plant forward meals have a significant positive impact on individual health and environmental health.

Want to know more about a certain dish? Check out our food glossary or view our menus online at bvsd.org/food. 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, noted by the 🚜 tractor icon on our calendar, featuring a variety of local produce from BVSD's farmer partners: Black Cat Farm, Colorado Fresh Farms (formerly Bayberry Fresh), Cure Organic Farm, Field to Front Door, Hoffman Farms, Isabelle Farm, Jones Farms Organics, Kilt Farm, Ollin Farms, Ray Domenico Farms, 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.

BVSD Catering

In keeping with our mission to provide healthy, delicious school food, BVSD Catering serves high quality, fresh and nutritious food, using locally sourced and organic ingredients whenever possible. BVSD Catering is available for meetings and parties within the district, as well as for community businesses, organizations and private events. Additionally, 100% of proceeds generated by BVSD Catering return to Food Services to support the department's operations.

Our menus feature a rotating selection of specialty and seasonal items, and the Catering team will work with you to find the right selections for your event. I encourage you to check the Catering website (bvsd.org/catering) to view menus and to place your order.

Sugar Reduction and Healthy Celebrations

We've posted a variety of ideas on our website and our catering department has developed a number of healthier school celebration recipes. As a reminder, the BVSD Wellness Policy (ADF-R), includes a nutritional guideline for school celebrations, student incentives, classroom parties and more. All foods and beverages available on campus but not sold, such as those provided at classroom parties and school celebrations and as rewards and incentives' to students during the school day, must adhere



to USDA Smart Snack guidelines. If you have any questions about sugar reduction or the BVSD Wellness Policy, please do not hesitate to reach out.

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 Meal Accounts for more information and to set up your student's account.

Allergen and Nutrition Information

You can find allergen and nutrition information for all of our menu items on our website. To join our Allergen Alert email group and receive timely information about menu and product changes, please contact Deb at deb.trevor@bvsd.org.

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 for our part- and full-time positions with Food Services. Email Sarah at sarah.acker@bvsd.org or call her at 720-561-5049 for more information. As a participant in the USDA's National School Lunch Program, BVSD is an equal opportunity provider and employer.

Additional information including free & reduced meal applications, upcoming events, volunteer opportunities, and programs can be found on our new website at bvsd.org/food.

If you haven't already, I encourage you to subscribe to our monthly Fresh Bites newsletter, check out our Small Bites blog, and keep up with the latest happenings on social media (Facebook @TheSchoolFoodProject, Twitter @SchoolFoodProj, Instagram @schoolfoodproject).

Best wishes, Ann Cooper, Director of Food Services

Fun on the Farm

Eating local is healthier- healthier for you and healthier for the planet. Did you know the average grocery item travels 1,500 miles through the supply chain before landing in your local store? Eating locally is good for the environment by reducing the carbon footprint of the food you consume. Local food is fresher, which makes it both tastier and healthier.

Eating locally ensures higher quality and higher nutrition content. Did you know that produce begins to lose nutritional value once it is picked? Eating locally also helps support local farmers, farmland and the local economy. Plus it is just fun to get to know your local farmer!

For all these reasons and more, the School Food Project has sent dozens of BVSD classes to visit local farms to see and experience how the food we purchase for our school meals is grown and harvested. Thanks to a grant from the USDA Agricultural Marketing Service, kindergartners have helped plant seeds, middle schoolers have engaged in sustainable farming practices, and high schoolers designed and hosted photo shoots at local farms, including Ollin Farms, Cure Organic Farm, Isabelle Farm, Black Cat Farm, Kilt Farm, Growing Gardens and 63rd St. Farm. A huge thanks to all the farmers who've helped educate our next generation of consumers, and to all the teachers who've taken advantage of these trips to further their students' understanding of food and agriculture in our local community!



BOULDER VALLEY
SCHOOL DISTRICT



Reducing Food Waste

BVSD has an ambitious sustainability plan, outlining a “green” mission and long-term goals including zero waste goals and sustainable purchasing practices. In order to align with this vision, Food Services has made significant improvements to its daily operations. For nearly ten years, we’ve used reusable trays, cups and silverware in all school cafeterias and purchased organic milk in bulk containers. Five years ago we introduced reusable plastic containers (RPCs) for the delivery of local produce, chicken and beef products; and of course, we work closely with Eco-Cycle to support comprehensive recycling and composting programs in all school cafeterias.

In August 2017, we installed our first LeanPath machines in each of BVSD’s three regional production kitchens to track and reduce food waste in the initial phases of our school meal production. As we head back to school in August, BVSD schools will be home to a total of 11 LeanPath food waste tracking systems to not only capture information about Food Services’ waste but also to provide insight into the waste being generated in BVSD cafeterias. Real-time data from the compost bin will be displayed in six school cafeterias to increase awareness of food waste and to encourage students to do what they can to support a more sustainable school community. Look for LeanPath in Casey, Columbine, Centennial, Douglass, Fireside, and Sanchez cafeterias.

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](https://www.mypaymentsplus.com) to register your free account and add money. [MyPaymentsPlus.com](https://www.mypaymentsplus.com) is fast, easy and very convenient to use.
- + With [MyPaymentsPlus.com](https://www.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, fruit and side salad bar.
- + Please contact the cafeteria or [MyPaymentsPlus.com](https://www.mypaymentsplus.com) as needed to check on your child's account balance before it gets too low.
- + Unclaimed positive meal account balances for inactive students will be presumed abandoned and will be submitted to the State of Colorado after one year per statute CR 38-13-108.2.

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.bvsd.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, please email Lola in the Food Services Office at dolores.campos-herzf@bvsd.org.

BVSD FOOD SERVICES

6500 Arapahoe Rd.,
Boulder, Colorado 80303

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



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



August Harvests of the Month: Peaches and Summer Squashes



Artwork by:
Anika Leovy
Whittier International
Elementary



My favorite school lunch is *Mac & Cheese* because *it's cheesy*.

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

If I were a chef, *ravioli* would be my signature dish to cook.

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
Market**

Lucky's Healthy Lifestyle Tip: Being an active person doesn't mean you have to run 10 miles a day, swim for an hour, or even go to the gym. Walking is the perfect exercise for many as it's lower impact but has real heart health and weight control benefits. Prepare for a walk by warming up, wearing comfortable clothing and supportive shoes, and staying hydrated. Start with a 20 minute walk then increase gradually, and shoot for at least three times per week. The ultimate goal is 10,000 steps every day!

AUGUST

WHAT'S IN SEASON THIS MONTH?

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ON THE MENU!
Beef Nachos ^{ABF GF} with
Cheese Sauce – Aug. 16 & 27



ON THE MENU!
Pepperoni Pizza ^{ABF NNF} –
Aug. 15, 19 & 26



ON THE MENU!
Coconut Chicken
Strips ^{ABF} – Aug. 21



ON THE MENU!
Casey/Summit Tipsy
Noodles with Tofu – Aug. 28



3



4

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10

KIDS DAY AT THE BOULDER COUNTY FAIR

11

12

13

14 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Cheese Ravioli with
Garlic Bread

15 Pepperoni Pizza ^{ABF NNF}
Cheese Pizza

16 Beef Nachos ^{ABF GF}
with Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Green Pea Guacamole ^{GF}
Brown Rice ^{GF}

17

18

19 Crispy Chicken
Filet ^{ABF} Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

20 Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa
Toasted Cheese Sandwich
(^{GF} Available)
Meat Lovers Calzone

21 Coconut Chicken
Strips ^{ABF} with Sweet
Chile Sauce &
Orange Rice ^{GF}
Macaroni & Cheese with
Garlic Bread
Bratwurst ^{GF} Sandwich with
Caramelized Onions ^{GF}

22 Chicken Potstickers
with Fried Rice &
Flatbread
Cheese Ravioli with
Garlic Bread
Pork Green Chile Burrito

23 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
Veggie Chili Cheese
Fries ^{GF} with Tortilla

24

25

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

26 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

27 Beef Nachos ^{ABF GF}
with Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Fresh Peach Salsa ^{GF}
Brown Rice ^{GF}

28 Oven Roast
Chicken ^{ABF GF} with
Brown Rice ^{GF}
Veggie Quesadilla
Casey/Summit Tipsy
Noodles with Tofu
Calabacitas ^{GF}

29 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}
Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}
Nashville Hot Chicken ^{ABF}
Sandwich

30 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with Biscuit
Baja Fish Tacos
Healthy Dessert:
Zucchini Cake

31

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 Harvests of the Month: Tomatoes and Cucumbers

Artwork by:
Raine Mitchell
Casey Middle
School



My favorite school lunch
is *nachos* because
they have beans.

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

If I were a chef, *pad thai* would be my
signature dish to cook.

Local farmer partner:

farmer
HAYDN
CHRISTENSEN
{Colorado Fresh Farms}



"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
Market**

Lucky's Healthy Lifestyle Tip: Did you know that about 20% of our harvested produce gets thrown away because it's not "pretty" or "perfect" enough? But cosmetic blemishes have no effect on the fruit or vegetable's taste or nutritional value. So embrace it! Buying imperfect or ugly produce is becoming more and more common at grocery stores and farmers markets - and it's often cheaper, too!

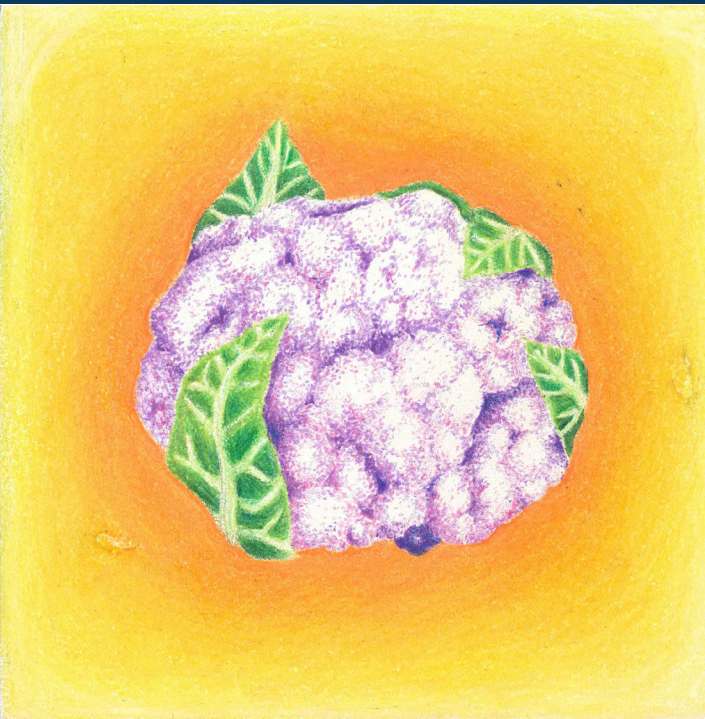
SEPTEMBER

WHAT'S IN SEASON THIS MONTH?

Look for 🥒 Creamy Cucumbers, Fresh Tomato Cucumber Salad, Marinated Tomatoes, Housemade Bread & Butter Pickles, and 🌶️ Fresh Pico de Gallo Salsa 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
1	2 LABOR DAY	3 Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	4 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Chickpea Masala ^{GF} with Flatbread Korean BBQ Turkey ^{GF} Sliders	5 Roast Turkey ^{GF} Dinner with Mashed Potatoes ^{GF} , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks ^{ABF GF} with Dinner Roll	6 Hamburger ^{ABF GF} or Cheeseburger ^{ABF GF} with Oven Baked Fries ^{GF} Falafel & Hummus ^{GF} Flatbread with 🥒 Creamy Cucumbers ^{GF} Fresh Tomato Cucumber Salad ^{GF}	7  SCHOOL FOOD PROJECT BOULDER VALLEY SCHOOL DISTRICT
8	9 Chicken ^{ABF} & Waffles Cheese Pizza Pepperoni Pizza ^{ABF NNF}	10 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Taco Salad ^{GF} 🌶️ Fresh Pico de Gallo ^{GF} Brown Rice ^{GF}	11 Chicken Potstickers with Fried Rice and Flatbread Spaghetti Marinara & Cheese Chicken Gyro ^{ABF GF} on Flatbread with 🥒 Marinated Tomatoes ^{GF} & 🥒 Creamy Cucumbers ^{GF}	12 Oven Roast Chicken ^{ABF GF} with Brown Rice ^{GF} Cheese Calzone Turkey ^{ABF} Bacon Bagel Sandwich	13 All-Beef Hot Dog ^{ABF NNF GF} with BBQ Baked Beans ^{GF} Justin & Hosea's Veggie Enchiladas ^{GF} Italian Sausage Hoagie with Roasted Red Peppers & Provolone	14
15	16 PROFESSIONAL DEVELOPMENT DAY	17 Toasted Cheese Sandwich (^{GF} available) with Tomato Soup ^{GF} Cheese Pizza Pepperoni Pizza ^{ABF NNF}	18 Local Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Veggie Burrito Local Red Pork Tamales Local Anasazi Beans ^{GF} Local Melon ^{GF} COLORADO PROUD DAY	19 French Toast Casserole with Turkey Sausage ^{GF} & Berry Sauce ^{GF} Plant Forward Nachos ^{GF} with Fresh Pico de Gallo ^{GF} Chicken Ramen Bowl	20 Hamburger ^{ABF GF} or Cheeseburger ^{ABF GF} with Oven Baked Fries ^{GF} Tofu Bibimbap ^{GF} Housemade Bread & Butter Pickles ^{GF}	21 BVSD DAY AT THE MARKET
22	23 BBQ Pulled Pork ^{GF} Sandwich Cheese Pizza Pepperoni Pizza ^{ABF NNF}	24 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Taco Salad ^{GF} Green Pea Guacamole ^{GF} Brown Rice ^{GF}	25 Spaghetti Marinara & Meatballs Green Chile & Cheese Tamales ^{GF} with Refried Beans ^{GF} Banh Mi Sandwich	26 Oven Fried Chicken ^{ABF} Dinner with Mashed Potatoes ^{GF} , Gravy & Garlic Bread Veggie Burrito Spicy Beef & Sausage Penne with Garlic Bread	27 All-Beef Hot Dog ^{ABF NNF GF} with BBQ Baked Beans ^{GF} Fireside Broccoli Cheese Stuffed Potato ^{GF} with Biscuit Cajun Cheesy Chicken Po'boy	28
29 Find allergen information, menu updates and more at bvsd.org/food	30 Crispy Chicken Sandwich ^{ABF} Cheese Pizza Pepperoni Pizza ^{ABF NNF}	ON THE MENU! Buffalo Style Chicken Drumsticks ^{ABF GF} – Sept. 5 	ON THE MENU! Justin & Hosea's Veggie Enchiladas ^{GF} – Sept. 13 	ON THE MENU! Italian Sausage Hoagie – Sept. 13 	ON THE MENU! Cajun Cheesy Chicken Po'boy – Sept. 27 	

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 Harvests of the Month: Bell Peppers and Cauliflower

Artwork by:
Milena Pajevic
Boulder High School

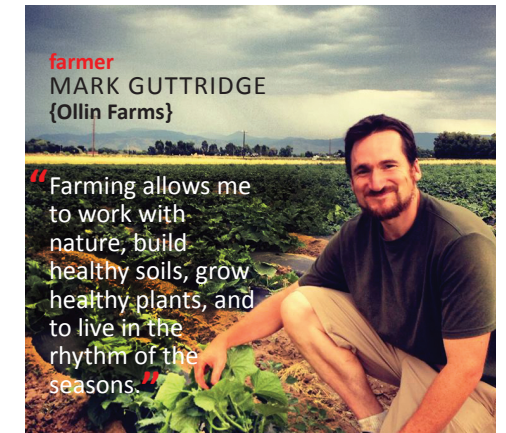


My favorite school lunch is *chicken tenders* because *you can choose your sauce!*

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

If I were a chef, *kale salad* would be my signature dish to prepare.

Local farmer partner:



"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:** Did you know a healthy diet affects your eye health, too? Blue light from your phone, tablet and computer is filtered out with the help of a couple key nutrients - lutein and zeaxanthin. Make sure you're getting enough of those two antioxidants by eating your green leafy vegetables.

OCTOBER

WHAT'S IN SEASON THIS MONTH?

Look for 🌿 Ollin Farm Pepper Slaw, Garlic Smashed Cauliflower, and 🌶️ Roasted Green Chile Salsa 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

ON THE MENU!
Ollin Farm Pepper
Slaw – Oct. 4



1 Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa

Toasted Cheese Sandwich
(^{GF} Available)
Meat Lovers Calzone

2 Coconut Chicken
Strips ^{ABF} with Sweet
Chile Sauce &
Orange Rice ^{GF}

Macaroni & Cheese with
Garlic Bread
Bratwurst ^{GF} Sandwich with
Caramelized Onions ^{GF}

BVSD WALK TO SCHOOL DAY

3 Chicken Potstickers
with Fried Rice &
Flatbread

Cheese Ravioli with
Garlic Bread
Pork Green Chile Burrito

4 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}

🌿 Veggie Chili Chees
Fries ^{GF} with Tortilla
🚜 Ollin Farm Pepper Slaw ^{GF}

5



6

7 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

8 Beef Nachos ^{ABF GF} with
Cheese Sauce

🌿 Bean Nachos ^{GF} with
Cheese Sauce

Taco Salad ^{GF}

🌶️ Roasted Green Chile Salsa ^{GF}
Brown Rice ^{GF}

9 Oven Roast
Chicken ^{ABF GF} with
Brown Rice ^{GF}

Veggie Quesadilla

🌿 Casey/Summit Tipsy
Noodles with Tofu

10 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}

Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}

Nashville Hot Chicken ^{ABF}
Sandwich

11 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}

Fireside Broccoli Cheese
Stuffed Potato ^{GF} with Biscuit

Baja Fish Tacos

12

13

14

PROFESSIONAL
DEVELOPMENT DAY

15 Meatball Sub
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

16 Chicken Strips ^{ABF}
with Dipping Sauce
& Garlic Bread

🌿 Chickpea Masala ^{GF}
with Flatbread

Korean BBQ Turkey ^{GF} Sliders
Healthy Dessert:
Pumpkin Bread

17 Roast Turkey ^{GF}
Dinner with Mashed
Potatoes ^{GF}, Gravy &
Dinner Roll

Cheese Ravioli with
Dinner Roll

Buffalo Style Chicken
Drumsticks ^{ABF GF} with
Dinner Roll

18 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}

🌿 Falafel & Hummus ^{GF}
Flatbread with Creamy
Cucumbers ^{GF}

19

A TASTE OF BVSD

20

21 Chicken ^{ABF} & Waffles
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

22 Beef Nachos ^{ABF GF}
with Cheese Sauce

🌿 Bean Nachos ^{GF} with
Cheese Sauce

Taco Salad ^{GF}

Green Pea Guacamole ^{GF}
Brown Rice ^{GF}

23 Chicken Potstickers
with Fried Rice &
Flatbread

Spaghetti Marinara &
Cheese

Chicken Gyro ^{ABF GF} on Flatbread
with Marinated Tomatoes ^{GF}
and Creamy Cucumbers ^{GF}

24 Oven Roast Chicken ^{ABF GF}
with Brown Rice ^{GF}
Cheese Calzone

Turkey ^{ABF} Bacon Bagel
Sandwich

🚜 Garlic Smashed
Cauliflower ^{GF}

NATIONAL FOOD DAY

25 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}

🌿 Justin & Hosea's Veggie
Enchiladas ^{GF}

Italian Sausage Hoagie
with Roasted Red Peppers
& Provolone

26

27

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

28 Toasted Cheese
Sandwich (^{GF} available)
with Tomato Soup ^{GF}

Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

29 Pork Carnitas ^{GF} Tacos
Macaroni & Cheese
with Garlic Bread

Toasted Cheese & Bacon
Sandwich

30 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}

🌿 Plant Forward Nachos ^{GF}
with Fresh Pico de Gallo ^{GF}

Chicken Ramen Bowl ^{GF}

31 Chicken Strips ^{ABF}
with Dipping Sauce
& Garlic Bread

Pasta Alfredo with
Garlic Bread

Red Pork Tamales with
Refried Beans ^{GF}

ON THE MENU!
Plant Forward Nachos ^{GF} –
Oct. 30

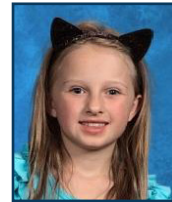


Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a ^{GF} symbol. Hormone- and antibiotic-free choices are designated with a ^{ABF} symbol. Nitrate- and nitrite-free choices are designated with a ^{NNF} symbol.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



November Harvests of the Month: Carrots and Cabbage

Artwork by:
Saphire Denning
Nederland Elementary



My favorite school lunch is *grilled cheese sandwiches* because *they taste good*.

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

If I were a chef, *cake* would be my signature dish to cook.

Local farmer partner:

farmer

JONES FAMILY
{Jones Farms
Organics}



Presenting sponsor:

**Lucky's
Market**

Local partners:



community
FOOD SHARE



BOULDER VALLEY
SCHOOL DISTRICT

**Lucky's
Market**

Lucky's Healthy Lifestyle Tip: This Thanksgiving try to focus on eating while sitting up straight. Good posture and focus on the food on your plate will increase your awareness of your consumption so you can avoid overeating. It will support your digestion so you don't feel stuffed and tired later.

NOVEMBER

WHAT'S IN SEASON THIS MONTH?

Look for 🥕 Honey Glazed Carrots, Jones Farm Mashed Potatoes, Local Cabbage Slaw, and 🍏 Fresh Salsa Verde 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

ON THE MENU!
Tofu Bibimbap ^{GF} –
Nov. 1



ON THE MENU!
Banh Mi Sandwich
– Nov. 6



ON THE MENU!
Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa – Nov. 13



ON THE MENU!
Veggie Chile Cheese Fries
with Tortilla – Nov. 15



1 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
🌱 Tofu Bibimbap ^{GF}

2



3

4 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

5 Beef Nachos ^{ABF GF} with
Cheese Sauce
🌱 Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
🍷 Salsa Verde ^{GF}
Brown Rice ^{GF}

6 Spaghetti Marinara &
Meatballs
Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}
Banh Mi Sandwich

7 Oven Fried Chicken ^{ABF}
Dinner with Mashed
Potatoes ^{GF}, Gravy &
Garlic Bread
🌱 Veggie Burrito
Spicy Beef & Sausage
Penne with Garlic Bread
🥕 Honey Glazed Carrots ^{GF}

8 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with Biscuit
Cajun Cheesy Chicken
Po'boy

9

DAYLIGHT SAVINGS TIME ENDS

10

11

VETERANS' DAY

12 Crispy Chicken ^{ABF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

13 Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa
Toasted Cheese Sandwich
(^{GF} Available)
Meat Lovers Calzone

14 Coconut Chicken
Strips ^{ABF} with Sweet
Chile Sauce &
Orange Rice ^{GF}
Macaroni & Cheese with
Garlic Bread
Bratwurst ^{GF} Sandwich with
Caramelized Onions ^{GF}

15 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
🌱 Veggie Chile Cheese
Fries ^{GF} with Tortilla

16

17

18 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

19 Beef Nachos ^{ABF GF}
with Cheese Sauce
🌱 Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Green Pea Guacamole ^{GF}
Brown Rice ^{GF}

20 Oven Roast
Chicken ^{ABF GF} with
Brown Rice ^{GF}
Veggie Quesadilla
🌱 Casey/Summit Tipsy
Noodles with Tofu

21 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}
Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}
Nashville Hot Chicken ^{ABF}
Sandwich

22 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with Biscuit
Baja Fish Tacos with 🥕
Local Cabbage Slaw

23

24

25

26

27

28

29

30

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

THANKSGIVING 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.



December Harvests of the Month: Fall Radishes and Beets

Artwork by:
Jihyo Shin
Monarch K-8



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

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

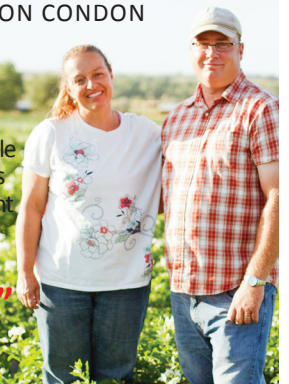
If I were a chef, *salad* would be my signature dish to cook.

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 Healthy Lifestyle Tip: It is essential for children (and adults!) to get enough sleep every night. Although sleep requirements vary by individual, most adults need approximately eight hours of sleep each night, while children and adolescents need more. Maintaining a routine is also important, so be careful not to get too far away from the routine on weekends.

DECEMBER

WHAT'S IN SEASON THIS MONTH?

Look for 🥬 Balsamic Beets and Fall Radish Slaw on our December menu, and Ruby Rice Beet Salad, shredded beets, carrots, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Meatball Sub Cheese Pizza Pepperoni Pizza ^{ABF NNF}	3 Chicken Tinga ^{ABF} Tacos Cheese Ravioli with Dinner Roll Thai Curry Chicken Bowl ^{GF}	4 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Chickpea Masala ^{GF} with Flatbread Korean BBQ Turkey ^{GF} Sliders	5 Roast Turkey ^{GF} Dinner with Mashed Potatoes ^{GF} , Gravy & Dinner Roll Macaroni & Cheese with Dinner Roll Buffalo Style Chicken Drumsticks ^{ABF GF} with Dinner Roll	6 Hamburger ^{ABF GF} or Cheeseburger ^{ABF GF} with Oven Baked Fries ^{GF} Falafel & Hummus ^{GF} Flatbread with Creamy Cucumbers ^{GF}	7  SCHOOL FOOD PROJECT BOULDER VALLEY SCHOOL DISTRICT
8	9 Chicken ^{ABF} & Waffles Cheese Pizza Pepperoni Pizza ^{ABF NNF}	10 Beef Nachos ^{ABF GF} with Cheese Sauce Bean Nachos ^{GF} with Cheese Sauce Taco Salad ^{GF} Green Pea Guacamole ^{GF} Brown Rice ^{GF}	11 Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara & Cheese Chicken Gyro ^{ABF GF} on Flatbread with Marinated Tomatoes ^{GF} & Creamy Cucumbers ^{GF}	12 Oven Roast Chicken ^{ABF GF} with Brown Rice ^{GF} Cheese Calzone Turkey ^{ABF} Bacon Bagel Sandwich 🥬 Balsamic Beets ^{GF}	13 All-Beef Hot Dog ^{ABF NNF GF} with BBQ Baked Beans ^{GF} Justin & Hosea's Veggie Enchiladas ^{GF} Italian Sausage Hoagie with Roasted Red Peppers & Provolone	14
15	16 Toasted Cheese Sandwich (^{GF} available) with Tomato Soup ^{GF} Cheese Pizza Pepperoni Pizza ^{ABF NNF} 🥬 Fall Radish Slaw ^{GF}	17 Pork Carnitas ^{GF} Tacos Macaroni & Cheese with Garlic Bread Toasted Cheese & Bacon Sandwich Healthy Dessert: Ginger Apple Crisp	18 French Toast Casserole with Turkey Sausage & Berry Sauce ^{GF} Plant Forward Nachos ^{GF} with Fresh Pico de Gallo ^{GF} Chicken Ramen Bowl	19 Chicken Strips ^{ABF} with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans ^{GF}	20 Hamburger ^{ABF GF} or Cheeseburger ^{ABF GF} with Oven Baked Fries ^{GF} Tofu Bibimbap ^{GF}	21
22	23	24	25	26	27	28
WINTER BREAK						
29	30	31	ON THE MENU! Chicken Tinga ^{GF} Tacos – Dec. 3 	ON THE MENU! Thai Curry Chicken Bowl ^{GF} – Dec. 3 	ON THE MENU! Chicken Gyro ^{ABF GF} on Flatbread – Dec. 11 	
WINTER BREAK						

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

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 Harvests of the Month: Winter Squashes and Root Veggies



Artwork by:
Alionna Gaffney
Manhattan Middle
School



My favorite school lunch is *Beef Nachos* because *they're tasty*.

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

If I were a chef, *Chicken Adobo (a Phillipino dish my mom makes)* would be my signature dish to cook.

Local farmer partner:



Presenting sponsor:

**Lucky's
Market**

Local partners:



**BOULDER VALLEY
SCHOOL DISTRICT**



Lucky's Healthy Lifestyle Tip: Instead of reaching for more salt to add flavor to your meals, try some new herbs and spices. Not only will you avoid increasing your salt intake to an unhealthy level, but many herbs and spices have additional health benefits. For example, ginger and turmeric both have anti-inflammatory and antioxidant effects while cayenne and chili powder have capsaicin, which revs up your metabolism.

JANUARY

WHAT'S IN SEASON THIS MONTH?

Look for 🍆 Spaghetti Squash, Whipped Butternut Squash, Jones Farm Mashed Potatoes, and 🌽 Corn Salsa on our January menu, and Butternut Ruby Rice Salad, local carrots, shredded beets and chilled roasted root vegetables on salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ON THE MENU!
Corn Salsa ^{GF} – Jan. 8



ON THE MENU!
Pork Green Chili
Burrito – Jan. 16



1

2

3

4



WINTER BREAK

5

6

PROFESSIONAL
DEVELOPMENT DAY

7 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

8 Beef Nachos ^{ABF GF} with
Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Corn Salsa ^{GF}
Brown Rice ^{GF}

9 Oven Fried Chicken ^{ABF}
Dinner with Mashed
Potatoes ^{GF}, Gravy &
Garlic Bread
Veggie Burrito
Spicy Beef & Sausage
Penne with Garlic Bread

10 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with
Biscuit
Cajun Cheesy Chicken
Po'boy

11

12

13 Crispy Chicken ^{ABF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

14 Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa
Toasted Cheese Sandwich
(^{GF} Available)
Meat Lovers Calzone

15 Coconut Chicken
Strips ^{ABF} with Sweet
Chile Sauce &
Orange Rice ^{GF}
Macaroni & Cheese with
Garlic Bread
Bratwurst ^{GF} Sandwich with
Caramelized Onions ^{GF}
Spaghetti Squash ^{GF}

16 Chicken Potstickers
with Fried Rice &
Flatbread
Cheese Ravioli with
Garlic Bread
Pork Green Chile Burrito

17 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
Veggie Chili Cheese
Fries ^{GF} with Tortilla

18

19

20

MARTIN LUTHER KING, JR.
DAY

21 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

22 Beef Nachos ^{ABF GF}
with Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Green Pea Guacamole ^{GF}
Brown Rice ^{GF}

23 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}
Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}
Nashville Hot Chicken ^{ABF}
Sandwich

24 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with
Biscuit
Baja Fish Tacos

25

26

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27 Meatball Sub
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

28 Chicken Tinga ^{ABF}
Tacos
Macaroni & Cheese
with Garlic Bread
Thai Curry Chicken Bowl ^{GF}

29 Chicken Strips ^{ABF}
with Dipping Sauce &
Garlic Bread
Chickpea Masala ^{GF}
with Flatbread
Korean BBQ Turkey ^{GF}
Sliders

30 Roast Turkey ^{GF} Dinner
with Mashed Potatoes ^{GF},
Gravy & Dinner Roll
Cheese Ravioli with
Dinner Roll
Buffalo Style Chicken
Drumsticks ^{ABF GF} with
Dinner Roll
Whipped Butternut Squash ^{GF}

31 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
Falafel & Hummus ^{GF}
Flatbread with
Creamy Cucumbers ^{GF}

ON THE MENU!
Spaghetti Squash ^{GF} –
Jan. 15



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 Harvests of the Month: Potatoes and Onions



Artwork by:
Rachel Lee Smith
Centaurus High School



My favorite school lunch
is *Nachos* because *nachos*.

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

If I were a chef, *pizza* would be my
signature dish to cook.

Local partners:



Presenting sponsor:

**Lucky's
Market**



Lucky's Market **Lucky's Healthy Lifestyle Tip:** February is Heart Health Month! Keep your ticker happy and healthy with these foods: fish high in omega-3s (salmon, tuna, mackerel, herring and trout); nuts (almonds or walnuts); phytonutrient- and fiber-rich berries (blueberries, strawberries, cranberries or raspberries); dark beans (kidney or black beans); red, yellow and orange veggies (carrots, sweet potatoes, red peppers and acorn squash).

FEBRUARY

WHAT'S IN SEASON THIS MONTH?

Look for 🌱 Oven Baked Fries, Jones Farm Purple Mashed Potatoes, and 🌶️ Baja Cabbage Slaw on our February menu, and Colusari Red Rice Salad, carrots, cabbage, and beets on salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ON THE MENU!
Chicken ^{ABF} & Waffles –
Feb. 3



ON THE MENU!
Beef Nachos ^{ABF GF} –
Feb. 4 & 19



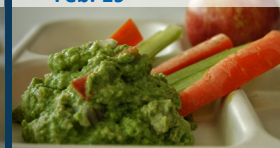
ON THE MENU!
Tomato Soup ^{GF} – Feb. 10



ON THE MENU!
Macaroni & Cheese –
Feb. 11 & 26



ON THE MENU!
Green Pea Guacamole ^{GF}
– Feb. 19



1



2

3 Chicken ^{ABF} & Waffles
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

4

Beef Nachos ^{ABF GF} with
Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Baja Cabbage Slaw ^{GF}
Brown Rice ^{GF}

5 Chicken Potstickers
with Fried Rice &
Flatbread
Spaghetti Marinara &
Cheese
Chicken Gyro ^{ABF GF} on
Flatbread with Marinated
Tomatoes ^{GF} and Creamy
Cucumbers ^{GF}

6 Oven Roast Chicken ^{ABF GF}
with Brown Rice ^{GF}
Cheese Calzone
Turkey ^{ABF} Bacon Bagel
Sandwich
Purple Mashed
Potatoes ^{GF}

7 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Justin & Hosea's
Veggie Enchiladas ^{GF}
Italian Sausage Hoagie
with Roasted Red Peppers
& Provolone

8

9

10 Toasted Cheese
Sandwich
(^{GF} available) with
Tomato Soup ^{GF}
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

11

Pork Carnitas ^{GF} Tacos
Macaroni & Cheese
with Garlic Bread
Toasted Cheese &
Bacon Sandwich

12 Chicken Strips ^{ABF}
with Dipping Sauce
& Garlic Bread
Pasta Alfredo with
Garlic Bread
Red Pork Tamales with
Refried Beans ^{GF}

13 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with 🌱 Oven
Baked Fries ^{GF}
Tofu Bibimbap ^{GF}

14

PROFESSIONAL
DEVELOPMENT DAY

15

16

17

PRESIDENTS' DAY

18 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

19 Beef Nachos ^{ABF GF}
with Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Green Pea Guacamole ^{GF}
Brown Rice ^{GF}

20 Spaghetti Marinara &
Meatballs
Green Chile & Cheese
Tamales ^{GF} with
Refried Beans ^{GF}
Banh Mi Sandwich

21 All-Beef
Hot Dog ^{ABF NNF GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with
Biscuit
Cajun Cheesy Chicken
Po'boy

22

23

Find allergen information,
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24 Crispy Chicken ^{ABF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

25 Beef ^{ABF GF} Soft Tacos
with Housemade
Salsa
Toasted Cheese Sandwich
(^{GF} Available)
Meat Lovers Calzone

26 Coconut Chicken
Strips ^{ABF} with Sweet
Chile Sauce &
Orange Rice ^{GF}
Macaroni & Cheese with
Garlic Bread
Bratwurst ^{GF} Sandwich
with Caramelized Onions ^{GF}

27 Chicken Potstickers
with Fried Rice &
Flatbread
Cheese Ravioli with
Garlic Bread
Pork Green Chile Burrito
Healthy Dessert:
Carrot Cake

28 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with 🌱 Oven
Baked Fries ^{GF}
Veggie Chili Cheese
Fries ^{GF} with Tortilla

29

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 Harvests of the Month: Beans and Legumes

Artwork by:
Lana Straw
Alicia Sanchez
International



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

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

If I were a chef, *pizza* would be my signature
dish to cook.

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:



**BOULDER VALLEY
SCHOOL DISTRICT**



Lucky's Healthy Lifestyle Tip: March is National Nutrition Month- a good time to check in with yourself to make sure you're eating right at home, too. Nutrition is about more than vitamins - it's also about including fiber and healthy fats, cutting sodium and sugar, and of course, aiming for a variety of colors on your plate.

MARCH

WHAT'S IN SEASON THIS MONTH?

Look for 🌱 Housemade Refried Beans, Colorado Anasazi Beans, Housemade BBQ Baked Beans, Jones Farm Mashed Potatoes, and 🔥 Fire Roasted Tomato Salsa on our March menu, and Southwest Quinoa Salad on salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2 BBQ Pulled Pork ^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

3 Beef Nachos ^{ABF GF} with
Cheese Sauce
Bean Nachos ^{GF} with
Cheese Sauce
Taco Salad ^{GF}
Fire Roasted Tomato
Salsa ^{GF}
Brown Rice ^{GF}

4 Oven Roast Chicken ^{ABF GF}
with Brown Rice ^{GF}
Veggie Quesadilla
Casey/Summit Tippy
Noodles with Tofu

5 French Toast Casserole
with Turkey Sausage ^{GF}
& Berry Sauce ^{GF}
Green Chili & Cheese
Tamales ^{GF} with
Anasazi Beans ^{GF}
Nashville Hot Chicken ^{ABF}
Sandwich

6 All-Beef ^{ABF NNF GF} Hot Dog ^{GF} with
BBQ Baked Beans ^{GF}
Fireside Broccoli Cheese
Stuffed Potato ^{GF} with
Biscuit
Baja Fish Tacos



8

9 Meatball Sub
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

10 Chicken Tinga ^{ABF}
Tacos
Macaroni & Cheese
with Garlic Bread
Thai Curry Chicken Bowl ^{GF}

11 Chicken Strips ^{ABF}
with Dipping Sauce
& Garlic Bread
Chickpea Masala ^{GF}
with Flatbread
Korean BBQ Turkey ^{GF}
Sliders

12 Roast Turkey ^{GF} Dinner
with Mashed Potatoes ^{GF},
Gravy & Dinner Roll
Cheese Ravioli with
Dinner Roll
Buffalo Style Chicken
Drumsticks ^{ABF GF} with
Dinner Roll

13 Hamburger ^{ABF GF} or
Cheeseburger ^{ABF GF}
with Oven Baked
Fries ^{GF}
Falafel & Hummus ^{GF}
Flatbread with
Creamy Cucumbers ^{GF}

14

DAYLIGHT SAVINGS TIME BEGINS

INTERNATIONAL SCHOOL MEALS DAY

15

16 Chicken ^{ABF} & Waffles
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

17 Beef Nachos ^{ABF GF}
with Cheese Sauce
Anasazi Bean
Nachos ^{GF} with Cheese
Sauce
Taco Salad ^{GF}
Brown Rice ^{GF}
Green Pea Guacamole ^{GF}

18 Chicken Potstickers
with Fried Rice &
Flatbread
Spaghetti Marinara &
Cheese
Chicken Gyro ^{ABF GF} on Flatbread
with Marinated Tomatoes ^{GF}
and Creamy Cucumbers ^{GF}

19 Oven Roast
Chicken ^{ABF GF} with
Brown Rice ^{GF}
Cheese Calzone
Turkey ^{ABF} Bacon Bagel
Sandwich

20 All-Beef ^{ABF NNF GF} Hot Dog ^{GF} with
BBQ Baked Beans ^{GF}
Justin & Hosea's
Veggie Enchiladas ^{GF}
Italian Sausage Hoagie
with Roasted Red Peppers
& Provolone

21

22

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

23

24

25

SPRING BREAK

26

27

28

29

30 Toasted Cheese
Sandwich
(^{GF} available) with
Tomato Soup ^{GF}
Cheese Pizza
Pepperoni Pizza ^{ABF NNF}

31 Pork Carnitas ^{GF} Tacos
Macaroni & Cheese
with Garlic Bread
Toasted Cheese &
Bacon Sandwich

ON THE MENU!
French Toast Casserole
– Mar. 5



ON THE MENU!
Chickpea Masala –
Mar. 11



ON THE MENU!
Pork Carnitas ^{GF} Tacos –
Mar. 31



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

Artwork by:
Sara Marquez
Eldorado PK-8



My favorite school lunch is *French Toast Casserole* because *it's tasty*.

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

If I were a chef, *Mac & Cheese* would be my signature dish to cook.

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: There are many reasons to eat in season. Local seasonal foods have more vitamins, minerals and antioxidants than those that have been stored and shipped around the country (and the world). Eating locally can also help to save money and be good to the environment by reducing food miles.

APRIL

WHAT'S IN SEASON THIS MONTH?

Look for 🍓 Cranberry Spinach Feta Salad and 🍓 Strawberry Salsa on our April menu, and Sundried Tomato Grain Salad on salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ON THE MENU!
Chicken Ramen Bowl – April 1



ON THE MENU!
Spicy Beef & Sausage Penne – April 9



1 French Toast Casserole with Turkey Sausage & Berry Sauce

Plant Forward Nachos with Fresh Pico de Gallo
Chicken Ramen Bowl

2 Chicken Strips with Dipping Sauce & Garlic Bread

Pasta Alfredo with Garlic Bread
Red Pork Tamales with Refried Beans

3 Hamburger or Cheeseburger with Oven Baked Fries

Tofu Bibimbap
Oven Baked Fries



5

6 BBQ Pulled Pork Sandwich
Cheese Pizza
Pepperoni Pizza

7 Beef Nachos with Cheese Sauce
Bean Nachos with Cheese Sauce
Taco Salad
Strawberry Salsa
Brown Rice

8 Spaghetti Marinara & Meatballs
Green Chile & Cheese Tamales with Refried Beans
Banh Mi Sandwich

9 Oven Fried Chicken Dinner with Mashed Potatoes, Gravy & Garlic Bread
Veggie Burrito
Spicy Beef & Sausage Penne with Garlic Bread
Cranberry Spinach Feta Salad

10 All-Beef Hot Dog with BBQ Baked Beans
Fireside Broccoli Cheese Stuffed Potato with Biscuit
Cajun Cheesy Chicken Po'boy

11

12

13 Crispy Chicken Sandwich
Cheese Pizza
Pepperoni Pizza

14 Beef Soft Tacos with Housemade Salsa
Toasted Cheese Sandwich (GF Available)
Meat Lovers Calzone

15 Coconut Chicken Strips with Sweet Chile Sauce & Orange Rice
Macaroni & Cheese with Garlic Bread
Bratwurst Sandwich with Caramelized Onions

16 Hamburger or Cheeseburger with Oven Baked Fries
Veggie Chili Cheese Fries with Tortilla

17

CONFERENCE EXCHANGE DAY

18

19

20

CONFERENCE EXCHANGE DAY

21 BBQ Pulled Pork Sandwich
Cheese Pizza
Pepperoni Pizza

22 Beef Nachos with Cheese Sauce
Bean Nachos with Cheese Sauce
Taco Salad
Green Pea Guacamole
Brown Rice

BVSD BIKE TO SCHOOL DAY

23 French Toast Casserole with Turkey Sausage & Berry Sauce
Green Chile & Cheese Tamales with Refried Beans
Nashville Hot Chicken Sandwich

24 All-Beef Hot Dog with BBQ Baked Beans
Fireside Broccoli Cheese Stuffed Potato with Biscuit
Baja Fish Tacos

25

26

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

27 Meatball Sub
Cheese Pizza
Pepperoni Pizza

28 Chicken Tinga Tacos
Macaroni & Cheese with Garlic Bread
Thai Curry Chicken Bowl

29 Chicken Strips with Dipping Sauce & Garlic Bread
Chickpea Masala with Flatbread
Korean BBQ Turkey Sliders
Healthy Dessert: Strawberries & Cream

30 Roast Turkey Dinner with Mashed Potatoes, Gravy & Dinner Roll
Cheese Ravioli with Dinner Roll
Buffalo Style Chicken Drumsticks with Dinner Roll

ON THE MENU!
Korean BBQ Turkey Sliders – April 29



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 Harvests of the Month: Spring Radishes and Strawberries

Artwork by:
Eva Kembel
University Hill
Elementary School

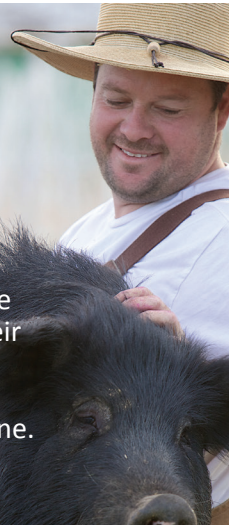


My favorite school lunch
is *hamburger* because *it is good*.

If I were a chef, *Mac & Cheese* would be my
signature dish to cook.

Local farmer partner:

farmer
ERIC SKOKAN
{Black Cat Farm}



"When I tell people
I am a farmer, their
reponse 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: Fat isn't the enemy. In fact, it's a necessary part of your diet. But not all fats are created equally - look for healthy fats such as eggs, olive oil, fish, nuts and full-fat yogurt. Healthy fat in food delays digestion and prolongs the feeling of fullness. Fat is also necessary for the absorption of vitamins A, D, E and K.

MAY

WHAT'S IN SEASON THIS MONTH?

Look for 🥬 Radish Slaw and 🍓 Strawberry Salsa on our May menu, and Quinoa Tabouli and local radishes and cucumbers on salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

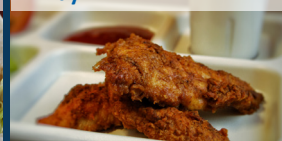
FRIDAY

SATURDAY

ON THE MENU!
Falafel & Hummus^{GF}
Flatbread – May 1



ON THE MENU!
Chicken Strips^{ABF} –
May 14



ON THE MENU!
Pasta Alfredo –
May 14



ON THE MENU!
Cajun Cheesy Chicken
Po'boy – May 20



1 Hamburger^{ABF GF} or
Cheeseburger^{ABF GF}
with Oven Baked Fries^{GF}
Falafel & Hummus^{GF}
Flatbread with Creamy
Cucumbers^{GF}



SCHOOL LUNCH HERO DAY



3

4 Chicken^{ABF} & Waffles
Cheese Pizza
Pepperoni Pizza^{ABF NNF}

5 Beef Nachos^{ABF GF} with
Cheese Sauce
Bean Nachos^{GF} with
Cheese Sauce
Taco Salad^{GF}
Strawberry Salsa^{GF}
Brown Rice^{GF}

CINCO DE MAYO

6 Chicken Potstickers
with Fried Rice &
Flatbread
Spaghetti Marinara &
Cheese
Chicken Gyro^{ABF GF} on
Flatbread with Marinated
Tomatoes^{GF} and Creamy
Cucumbers^{GF}

7 Oven Roast Chicken^{ABF GF}
with Brown Rice^{GF}
Cheese Calzone
Turkey^{ABF} Bacon Bagel
Sandwich
Radish Slaw^{GF}

8 All-Beef
Hot Dog^{ABF NNF GF} with
BBQ Baked Beans^{GF}
Justin & Hosea's
Veggie Enchiladas^{GF}
Italian Sausage Hoagie
with Roasted Red Peppers
& Provolone

BVSD PLANT & SEED SALE

9

BVSD PLANT & SEED SALE

10

11 Toasted Cheese
Sandwich
(^{GF} available) with
Tomato Soup^{GF}
Cheese Pizza
Pepperoni Pizza^{ABF NNF}

MOTHER'S DAY

12 Pork Carnitas^{GF} Tacos
Macaroni & Cheese
with Garlic Bread
Toasted Cheese &
Bacon Sandwich

13 French Toast Casserole
with Turkey Sausage^{GF}
& Berry Sauce^{GF}
Plant Forward
Nachos^{GF} with Fresh
Pico de Gallo^{GF}
Chicken Ramen Bowl

14 Chicken Strips^{ABF} with
Dipping Sauce &
Garlic Bread
Pasta Alfredo with
Garlic Bread
Red Pork Tamales with
Refried Beans^{GF}

15 Hamburger^{ABF GF} or
Cheeseburger^{ABF GF}
with Oven Baked
Fries^{GF}
Tofu Bibimbap^{GF}

BVSD PLANT & SEED SALE

16

BVSD PLANT & SEED SALE

17

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

18 BBQ Pulled Pork^{GF}
Sandwich
Cheese Pizza
Pepperoni Pizza^{ABF NNF}

19 Beef Nachos^{ABF GF}
with Cheese Sauce
Bean Nachos^{GF} with
Cheese Sauce
Taco Salad^{GF}
Green Pea Guacamole^{GF}
Brown Rice^{GF}

20 All-Beef
Hot Dog^{ABF NNF GF} with
BBQ Baked Beans^{GF}
Fireside Broccoli Cheese
Stuffed Potato^{GF} with
Biscuit
Cajun Cheesy Chicken
Po'boy

21 Chef's Choice

LAST DAY OF SCHOOL

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MEMORIAL DAY

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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

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FATHER'S DAY

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For recipes, upcoming
events and more,
visit bvsd.org/food

29

30



Lucky's Healthy Lifestyle Tip: Don't let wilted veggies scare you into throwing them away. If a vegetable or fruit looks like it may be going "bad", use it in a casserole, soup or smoothie.

JULY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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4



INDEPENDENCE DAY

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

Lucky's Market Lucky's Healthy Lifestyle Tip: Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. Plant a seed in your backyard, your porch, or even a windowsill herb pot!



COVER ART PROVIDED BY:

Parker Albin
Monarch High School

My favorite school lunch is *Nashville Hot Chicken Sandwich* because *I love chicken sandwiches but I love spice - it's a combination of the two, plus pickles!*

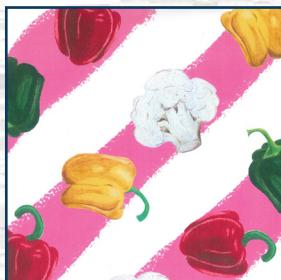
I get excited when I see *cottage cheese* on our school salad bar.
If I were a chef, *Chicken & Waffles* would be my signature dish.



HONORABLE MENTION ARTWORK



Cecilia Chigo
Casey Middle



Malani Rodrigue
Boulder High



Abigail Hess
Nederland Elementary



Isaac Wing
Whittier International



Brenna Severson
Eldorado Pk-8



Imogene Gaede
Casey Middle



Jenifer Melara-
Hernandez Uni Hill



Shira Nathan
Manhattan Middle



CONNECT WITH THE SCHOOL FOOD PROJECT ONLINE!

Visit the new bvsd.org/food to access your BVSD Meal Account, view allergens and nutrition information, and more. You can also connect with SFP on Facebook, Instagram, Twitter and Snapchat.



Facebook – @TheSchoolFoodProject



Twitter – @SchoolFoodProj



Instagram – @SchoolFoodProject



Snapchat – @BVSDSchoolFood

Check out our YouTube page for program highlights, video recipes and more! Search "BVSD School Food Project".

VOLUNTEER WITH US!

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.

