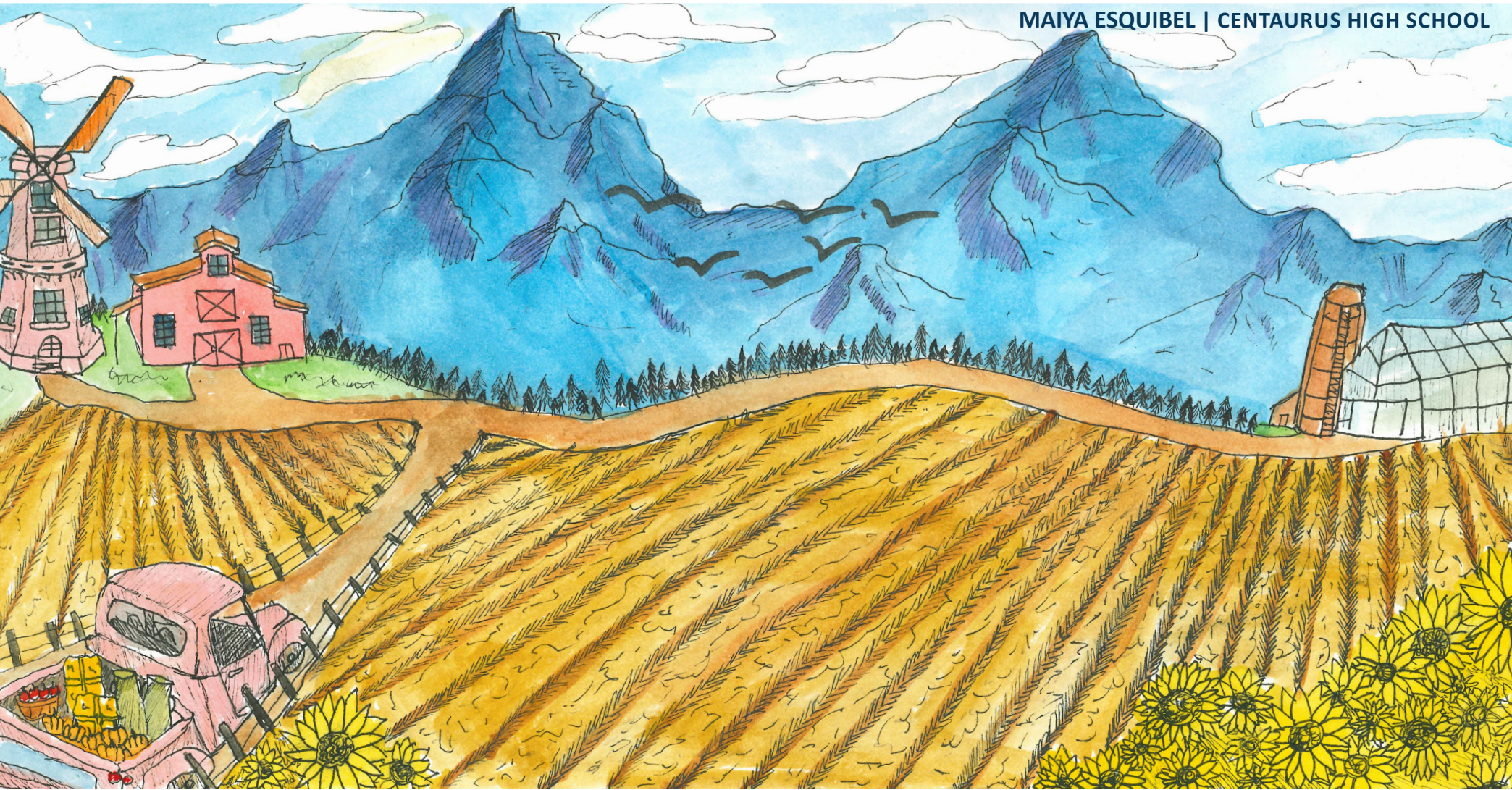




# 2022-23 BOULDER VALLEY SCHOOL DISTRICT SECONDARY SCHOOL MENU

MAIYA ESQUIBEL | CENTAURUS HIGH SCHOOL



**BOULDER VALLEY**  
SCHOOL DISTRICT





# Get to know BVSD School Food Project's programs and practices

## Clean Labels

We believe that for kids to learn, think and be the best they can be, they have to eat well. Because of this, we are dedicated to improving the health of each student by providing healthy food.

We serve fresh and nutritious food every day. We use healthier, locally sourced, and organic ingredients whenever possible, and we avoid highly processed foods, high fructose corn syrup, chemicals, dyes and food additives.

All of our beef and chicken on the bone and nacho meat is hormone- and antibiotic-free and our bulk milk is local. Salad Bars are offered daily at every school and are stocked with fresh, delicious and when possible, local farm fresh produce.

## Local Food

Eating local is healthier - healthier for you and healthier for the planet. That's why we source from as many local producers as we can -- fruits, veggies, meats, and grains are just a few examples of ingredients we buy from local producers.

Eating locally ensures higher quality and higher nutrition content. Eating locally also helps support local farmers, farmland and the local economy. Plus it is just fun to get to know your local farmer!

## Hands-On Learning

Did you know getting kids involved with food, culinary, nutrition and agricultural education has been shown to increase fruit and vegetable consumption by 43 percent?

That's why we offer a wide selection of activities to involve students in making healthy eating choices, such as cooking competitions, farm field trips, farmer cafeteria visits, and trips to the BVSD greenhouse for garden and cooking lessons.

Through our programs, BVSD kids learn where food comes from, what fresh food tastes like, and even how to grow and cook their own food.



# Letter from Chef Stephen Menyhart

## Welcome Back BVSD Families!

The last school year was an eventful one for school meals. We served a record number of students, despite a number of staffing challenges and supply chain shortages. We stayed the course and are proud to have continued serving BVSD students scratch-cooked meals every single day! Reflecting on the year has been a powerful reminder of the strong community support we can provide one another – I am grateful for the continued parent, staff, student, and community support that makes the School Food Project's mission possible. None of it would be possible without the dedication every day from our incredible kitchen and production staff members.

We look forward to the new school year and the opportunity to continue to support your students during the school day with our scratch-cooked, delicious meals. Our team has a rigorous dedication to using whole foods and minimally processed ingredients, resulting in the best school meals we can imagine – and ones we love to eat ourselves!

## Free Meals No Longer Available Except to Free- and Reduced- Meal Eligible Students

We are disappointed about the end of the free meals for all students which Congress enacted during the pandemic. Despite efforts on the national and state levels, the free meal program for all students will not be extended into the 2022-23 school year. We have heard from many of you who have realized the value of school meals in both cost and time savings, and hope that you will continue to participate in the meal program.

We strongly encourage families to apply for the Free and Reduced Meal program to see if students in their households can qualify for free school meals. More information and access to the application is available here: <https://tinyurl.com/FRLBVSD>. If you have questions or need help with your application, please contact Lola Campos-Herzfeld via email ([dolores.campos-herzfeld@bvsd.org](mailto:dolores.campos-herzfeld@bvsd.org)) or phone at 720-561-5942.

This November, Coloradoans will have the opportunity to vote on whether they would like to provide universally free school meals to all Colorado students

starting in the 2023-24 school year. Regardless of where you stand on the issue, I hope you will carefully consider your vote and the impact it could have for our state's students.

## How to Fund Your Student's Meal Account

Set up a payment account with [MyPaymentsPlus.com](https://MyPaymentsPlus.com) 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](https://bvsd.org/food) and click on BVSD Meal Accounts for more information and to set up your student's account. We recommend setting up auto-payment, so that if your child's account falls below a certain set value, it will automatically add funds. No child will be denied a meal due to a negative balance.

## New Menu Items

We're excited to introduce four new entree items this year as well as a host of new Harvest-of-the-Month local and seasonal side dishes. Our new entrees were tested with BVSD students last spring and passed with flying colors to land a spot on this year's menu. All grades can enjoy our new General Tso's Chicken Drumsticks (GF), Bean and Cheese Pupusa<sup>GF</sup> with Curtido<sup>GF</sup> and Brown Rice<sup>G</sup> and Indian Butter Tofu with Spinach Cilantro Chutney (GF). Middle and High School students can look forward to the Chicken Tinga Bowl with Corn and Black Bean Salsa (GF) and the winning Junior Iron Chef recipe of Phoenix Tofu Jambalaya (GF). As always, we will continue to include a vegetarian hot entree item every day.

## Fresh, Delicious, and Nutritious Meals Everyday

- **Scratch-Cooked:** There are no highly-processed foods over here! We make our meals with wholesome ingredients, using recipes you could replicate in your home kitchen. This allows us to create healthier, tastier items that are kid-tested and approved.
- **Local Farmers:** We partner with local producers to purchase locally grown fruits and vegetables, including Western Slope apples, peaches, and pears, and Colorado-grown melons. We also source the majority of our fresh protein items from within the state of Colorado.
- **Making Food Fun:** Our vibrant, all-you-can-eat salad bars allow students more choice on their tray. Whether they love our local cherry tomatoes, sweet shredded carrots or seasonal fruit, there's something for every type of eater. Everything on the salad bar is gluten free. Our rotating seasonal salsas, harvest-of-the-month side dishes, and healthy desserts keep kids on their toes with new and exciting things to try each month.



## Allergen and Nutrition Information

You can find allergen and nutrition information for all of our menu items on our website - [food.bvsd.org](https://food.bvsd.org). To join our Allergen Alert email group and receive timely information about any menu and product changes, please contact Deb Trevor at [deb.trevor@bvsd.org](mailto:deb.trevor@bvsd.org).

## Join Our Team and Make a Difference

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](mailto: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. Job Postings are also available at [jobs.bvsd.org](https://jobs.bvsd.org)

Additional information including menus, allergens, meal accounts, upcoming events, volunteer opportunities, and programs can be found on our new website at [food.bvsd.org](https://food.bvsd.org). Please also follow us on social media channels to stay up to date with news in our department. If you haven't already, I encourage you to subscribe to our monthly newsletter, Fresh Bites, and keep up with the latest happenings on social media (Facebook @TheSchoolFoodProject, Twitter @SchoolFoodProj, Instagram @schoolfoodproject). We welcome your feedback and input on how we can continue to improve our meals and program.

Best wishes for a great school year,

Stephen Menyhart  
Director of Food Services  
Boulder Valley School District



# Student-Created Recipes are Big Hits

The School Food Project's Iron Chef Competitions offer students the opportunity to demonstrate their culinary creativity and cook what they want to eat for school lunch. Middle school students are challenged to create new menu items within the constraints that all BVSD meals must meet: it must meet USDA guidelines; cost less than \$1.25 per serving; be easy to replicate; and most of all, it must be delicious!

For the spring 2022 competition, to support BVSD's efforts to expand plant-based options, Iron Chef entries had to have a plant-based protein as the main component. This year's winner was a vegetarian jambalaya created by Manhattan Middle School students Cole Buma and Miles Weber. After winning, it was taste-tested in schools along with other new menu items to get final kid input and approval before heading to BVSD cafeterias in the 22-23 school year.

Winners of the Iron Chef competition are guaranteed that their winning recipe will be on the menu calendar for a full school year. Many student-created recipes have become such huge hits that they have stayed on the menu for several years and become kid favorites. Some past winners you can still find on our menu include the Fireside Broccoli Cheese Stuffed Potato, French Toast Casserole, and Chicken and Waffles.



**BOULDER VALLEY**  
**SCHOOL DISTRICT**



## Food Education Beyond the Cafeteria

School is where children begin to develop relationships with food that can last a lifetime. We know it's important for students to also have meaningful connections to food, beyond the cafeteria and dining table. This is why we host interactive food and nutrition education programs to make eating healthy food fun for students of all ages. Through our programs, BVSD kids learn where food comes from, what fresh food tastes like, and even how to grow and cook their own food.

In recognition of the important, experiential food learning opportunities, Food Services recently spruced up the BVSD greenhouse to create a learning space for students to visit for hands-on garden, cooking, and food systems activities. Additionally, the School Food Project provides support for classes to visit local farms on field trips, many of whom provide fruits and vegetables for school meals.

The School Food Project also hosts several AmeriCorps members to support this programming and to work with student groups interested in food sustainability issues including food waste, plant-based options, and local procurement. If you have a student or student group who would like to connect to these programs, please contact [Mary.Rochelle@bvsd.org](mailto:Mary.Rochelle@bvsd.org).





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**ART TO BANKING.**  
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*The Boulder Valley School District School Food Project is grateful for the generous support from Premier Members Credit Union to make this printed calendar possible for all BVSD families.*



## August Harvests of the Month: Peaches and Summer Squashes



Artwork by:  
**Birdie Stokes**  
Lafayette  
Elementary  
School



Local farmer partner:  
**Rogers Mesa Fruit Company**



Presenting sponsor:



**PMCU Financial Literacy Tip:** Here's to new beginnings. To new opportunities. To new friendships and a new school year. Let's start the year off on the right foot. Learn about new ways to save more at [PMCU.org/backtoschool](https://www.pmcu.org/backtoschool).



# AUGUST

## WHAT'S IN SEASON THIS MONTH?

Look for 🍲 Summer Squash Gratin, 🍑 Fresh Peach Salsa, and Quinoa Tabouli<sup>GF</sup> on our August menu, and local cherry tomatoes, carrots, cucumbers, broccoli, summer squash, zucchini and Western Slope peaches on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
7	8	9	10	11	12	13
14	15	16	17  Pepperoni <sup>ABF NNF</sup> Pizza Cheese Pizza	18  Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce	19 All Beef Hot Dog <sup>ABF NNF GF</sup> Cheese Ravioli with Dinner Roll	20
21	22  Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	23  Beef <sup>ABF GF</sup> Soft Tacos <sup>GF</sup> avail with Housemade Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>GF</sup> avail with Tomato Soup <sup>GF</sup> Meat Lovers Calzone	24  Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup>  Falafel & Hummus <sup>GF</sup> on Flatbread with Creamy Cucumbers <sup>GF</sup> SFP Secret Sauce	25  Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy, & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> w/ Biscuit Pork Green Chile Burrito	26  Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni <sup>ABF NNF</sup> Pizza  Summer Squash Gratin <sup>GF</sup>	27
28 Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	29  Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce  Fresh Peach Salsa <sup>GF</sup>	30  Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with Pico de Gallo <sup>GF</sup>	31  All Beef Hot Dog <sup>ABF NNF GF</sup> w/ Baked Beans <sup>GF</sup>  Tofu Chorizo Tacos <sup>GF</sup> avail with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup> Healthy Dessert: Peach Crisp <sup>GF</sup>			

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





September Harvests of the Month: Tomatoes and Corn

Artwork by:  
**Lily Wysuph**  
Aspen Creek K8



Local farmer partner:  
**Rock River Ranch and  
West Bijou Ranch**



Presenting sponsor:



**PMCU Financial Literacy Tip:** When you bank with Premier Members Credit Union, you get a handcrafted banking experience that makes you wonder why all banking isn't done this way. Learn more about why we consider ourselves The Artisans of Banking at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# SEPTEMBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🌽 Mexican Street Corn Casserole, Local Corn on the Cob, Creamy Polenta and 🍅 Fresh Pico de Gallo Salsa on our September menu. Broccoli & Wild Rice Salad<sup>GF</sup>, 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
				<b>1</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>2</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw <sup>GF</sup> Plant Forward Bolognese <sup>GF</sup> with Garlic Bread Iron-Chef Winning Phoenix Tofu Jambalaya <sup>GF</sup>	<b>3</b>  BOULDER VALLEY SCHOOL DISTRICT
<b>4</b>	<b>5</b> LABOR DAY	<b>6</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>7</b> Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	<b>8</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Chickpea Masala <sup>GF</sup> with Flatbread SFP Secret Sauce	<b>9</b> Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Mexican Street Corn Casserole <sup>GF</sup>	<b>10</b>
<b>11</b>	<b>12</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	<b>13</b> General Tso's Chicken Drumsticks <sup>GF</sup> with Veggie Fried Rice <sup>GF</sup> Spaghetti Marinara & Cheese Pizza Supreme	<b>14</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Indian Butter Tofu <sup>GF</sup> over Brown Rice <sup>GF</sup> with Flatbread and Spinach Cilantro Chutney <sup>GF</sup>	<b>15</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Veggie Burrito Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>16</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Toasted Cheese & Bacon Sandwich	<b>17</b>
<b>18</b>	<b>19</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Plant Forward Nachos <sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales w/ Refried Beans <sup>GF</sup> & Brown Rice <sup>GF</sup>	<b>20</b> Pork Tacos Al Pastor <sup>GF Avail</sup> with Pineapple Salsa <sup>GF</sup> and Brown Rice <sup>GF</sup> Macaroni & Cheese w/ Garlic Bread Italian Sausage Hoagie <sup>GF Avail</sup> with Roasted Red Peppers & Provolone	<b>21</b> Rock River Ranch Bison Burger <sup>ABF GF</sup> & Bison Cheeseburger <sup>GF</sup> Veggie Chili Cheese Fries <sup>GF</sup> with Local Tortilla <sup>GF Avail</sup> Colorado Corn on the Cob COLORADO PROUD DAY	<b>22</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>23</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Creamy Polenta <sup>GF</sup>	<b>24</b>
<b>25</b> Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	<b>26</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Fresh Pico De Gallo Salsa <sup>GF</sup>	<b>27</b> Meatballs <sup>GF</sup> and Spaghetti Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>28</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup> Healthy Dessert: Cherry Crumble <sup>GF</sup>	<b>29</b> Oven Fried Chicken <sup>ABF</sup> with Brown Rice <sup>GF</sup> Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>30</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Chicken Tinga Bowl <sup>GF</sup> over Brown Rice <sup>GF</sup> with Corn and Black Bean Salsa <sup>GF</sup>	

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



October Harvests of the Month: Bell Peppers and Apples



Artwork by:  
**William Williams**  
Boulder  
High School



Local farmer partner:  
**Domenico Farms**



Presenting sponsor:



**PMCU Financial Literacy Tip:** We are passionate about supporting the communities where we live and work, and we believe in taking action, and making our communities a better place today and tomorrow. Learn more about how Premier Members gives at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# OCTOBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🌿 Ollin Farm Pepper Slaw, Garlic Smashed Cauliflower, and 🌽 Charred Sweet Corn and Black Bean Salsa on our October menu, and Mediterranean Brown Rice Salad<sup>GF</sup> local peppers, cherry tomatoes, carrots, cucumbers, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	4 Beef <sup>ABF GF</sup> Soft Tacos <sup>(GF Avail)</sup> with Housemade Salsa with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Meat Lovers Calzone	5 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Falafel & Hummus <sup>GF</sup> Flatbread with Creamy Cucumbers <sup>GF</sup> SFP Secret Sauce	6 Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Pork Green Chile Burrito	7 Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni <sup>iABF NNF</sup> Pizza 🌿 Ollin Farms Pepper Slaw <sup>GF</sup>	1 8
9	10 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	11 Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with Pico de Gallo <sup>GF</sup>	12 All Beef Hot Dog <sup>ABF NNF GF</sup> w/ Baked Beans <sup>GF</sup> Tofu Chorizo Tacos <sup>GF Avail</sup> with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup>	13 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll Nashville Hot Chicken <sup>ABF</sup> Sandwich	14 BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Plant Forward Bolognese <sup>GF</sup> with Garlic Bread Iron-Chef Winning Phoenix Tofu Jambalaya <sup>GF</sup>	15  SCHOOL FOOD PROJECT BOULDER VALLEY SCHOOL DISTRICT
16	17 PROFESSIONAL DEVELOPMENT DAY	18 Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	19 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Chickpea Masala with Flatbread SFP Secret Sauce	20 Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Cheese Ravioli with Dinner Roll Turkey, Bacon and Cheese Bagel Sandwich 🌿 Garlic Smashed Cauliflower <sup>GF</sup> Pepper Slaw	21 Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Cinnamon Spiced Baked Apples <sup>GF</sup>	22
23 Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	24 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Charred Sweet Corn & Black Bean Salsa <sup>GF</sup>	25 General Tso's Chicken Drumsticks <sup>GF</sup> with Veggie Fried Rice <sup>GF</sup> Spaghetti Marinara & Cheese Pizza Supreme	26 All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Indian Butter Tofu <sup>GF</sup> over Brown Rice <sup>GF</sup> with Flatbread and Spinach Cilantro Chutney <sup>GF</sup>	27 Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Veggie Burrito Nashville Hot Chicken <sup>ABF</sup> Sandwich	28 Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Toasted Cheese & Bacon Sandwich	29
30	31 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Plant Forward Nachos <sup>GF</sup> with Cheese Sauce & Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>					

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

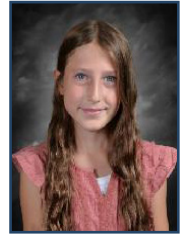


November Harvests of the Month: Carrots and Winter Squashes



Artwork by:

**Avery Mendell**  
University Hill  
Elementary



Local farmer partner:

**MASA Seed Foundation**



Presenting sponsor:



**PMCU Financial Literacy Tip:** Gratitude is the attitude this month. We're thankful for our banking family, quirky quotes on a calendar, and the best community a credit union could ask for. See what else we're grateful for at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# NOVEMBER

## WHAT'S IN SEASON THIS MONTH?

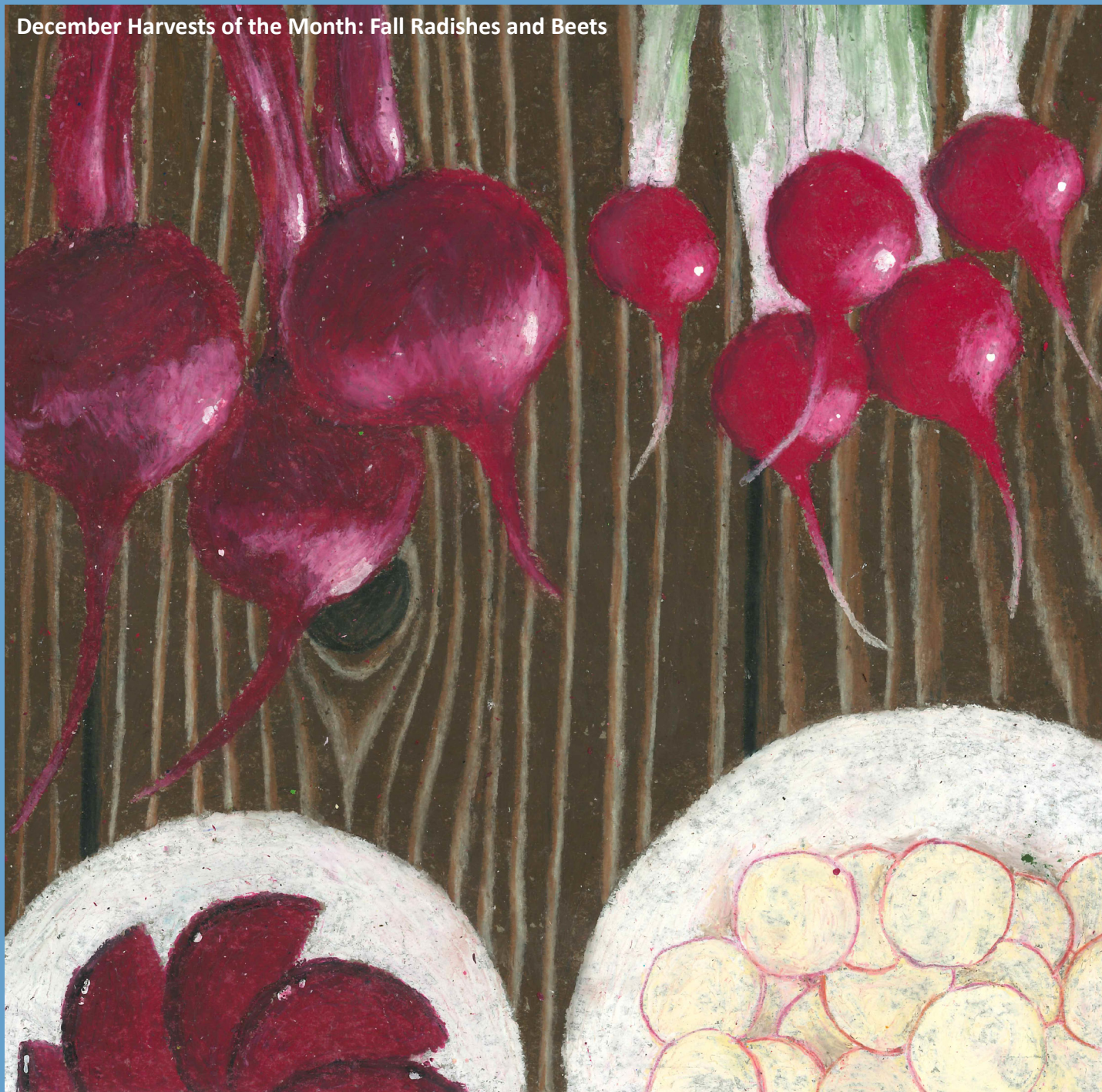
Look for 🥕 Carrot-Ginger Soup, 🍠 Roasted Delicata Squash and 🌶️ Roasted Green Chili Salsa on our November menu. Sundried Tomato and Wild Rice Salad<sup>GF</sup>, local carrots, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Pork Tacos Al Pastor <sup>GF</sup> <small>Avail</small> with Pineapple Salsa <sup>GF</sup> and Brown Rice <sup>GF</sup> Macaroni & Cheese w/ Garlic Bread Italian Sausage Hoagie <sup>GF</sup> <small>Avail</small> with Roasted Red Peppers & Provolone	<b>2</b> Hamburger <sup>ABF</sup> <sup>GF</sup> or Cheeseburger <sup>ABF</sup> <sup>GF</sup> with Oven Baked Fries <sup>GF</sup> 🌱 Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>GF</sup> <small>Avail</small> SFP Secret Sauce	<b>3</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> 🌱 Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>4</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> Cheese Pizza Pepperoni Pizza <sup>ABF</sup> <sup>NNF</sup> 🥕 Carrot-Ginger Soup <sup>GF</sup>	<b>5</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>6</b>	<b>7</b> Beef Nachos <sup>ABF</sup> <sup>GF</sup> with Cheese Sauce 🌱 Bean Nachos <sup>GF</sup> with Cheese Sauce 🌶️ Roasted Green Chili Salsa <sup>GF</sup>	<b>8</b> Meatballs <sup>GF</sup> and Spaghetti Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>9</b> All-Beef Hot Dog <sup>ABF</sup> <sup>NNF</sup> <sup>GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup> 🍠 Roasted Delicata Squash <sup>GF</sup>	<b>10</b> Oven Fried Chicken <sup>ABF</sup> with Brown Rice <sup>GF</sup> Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>11</b>	<b>12</b>
DAYLIGHT SAVINGS TIME ENDS					VETERANS' DAY	
<b>13</b>	<b>14</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>15</b> Beef <sup>ABF</sup> <sup>GF</sup> Soft Tacos <sup>(GF Avail)</sup> with Housemade Salsa with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Meat Lovers Calzone	<b>16</b> Hamburger <sup>ABF</sup> <sup>GF</sup> or Cheeseburger <sup>ABF</sup> <sup>GF</sup> with Oven Baked Fries <sup>GF</sup> 🌱 Falafel & Hummus <sup>GF</sup> Flatbread with Creamy Cucumbers <sup>GF</sup> SFP Secret Sauce	<b>17</b> Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Pork Green Chile Burrito	<b>18</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF</sup> <sup>NNF</sup> Healthy Dessert: Pumpkin Bread	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	THANKSGIVING BREAK					
<b>27</b>  Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	<b>28</b> Beef Nachos <sup>ABF</sup> <sup>GF</sup> with Cheese Sauce 🌱 Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	<b>29</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>30</b> All Beef Hot Dog <sup>ABF</sup> <sup>NNF</sup> <sup>GF</sup> w/ Baked Beans <sup>GF</sup> 🌱 Tofu Chorizo Tacos <sup>GF</sup> <small>Avail</small> with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup>			

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



December Harvests of the Month: Fall Radishes and Beets



Artwork by:

**Sitora  
Schoeberlein**  
Manhattan  
Middle School



Local farmer partner:  
**Legacy Meats**



Presenting sponsor:



**PMCU Financial Literacy Tip:** Happy Holidays from your Premier Members family! Enjoy a cup of coffee, relax by the fire, become a member, spread cheer. Everyone's welcome. Find out how we're celebrating at [PMCU.org/backtoschool](https://www.pmcu.org/backtoschool).



# DECEMBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🥬 Balsamic Beets and Winter Radish Slaw, and 🍷 Salsa Verde on our December menu. Moroccan Ruby Red Rice Salad<sup>GF</sup>, local shredded beets, carrots, & local apples on the salad bar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

5 Oven Roast Chicken<sup>ABF GF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Toasted Cheese Sandwich<sup>(GF Avail)</sup> with Tomato Soup<sup>GF</sup>  
Spicy Beef & Sausage Penne with Garlic Bread

6 Philly Cheese Steak Sandwich<sup>ABF</sup>  
Macaroni & Cheese with Garlic Bread  
Chicken Ramen Bowl

7 Hamburger<sup>ABF GF</sup> or Cheeseburger<sup>ABF GF</sup> with Oven Baked Fries<sup>GF</sup>  
Chickpea Masala with Flatbread  
SFP Secret Sauce

8 Plant-Forward Nachos<sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo<sup>GF</sup>  
Cheese Ravioli with Dinner Roll  
Toasted Cheese & Bacon Sandwich

9 Meatball<sup>GF</sup> Sub  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
🥬 Balsamic Beets<sup>GF</sup>

10



11

12 Beef Nachos<sup>ABF GF</sup> with Cheese Sauce  
🥬 Bean Nachos<sup>GF</sup> with Cheese Sauce  
🍷 Salsa Verde<sup>GF</sup>

13 General Tso's Chicken Drumsticks<sup>GF</sup> with Veggie Fried Rice<sup>GF</sup>  
Spaghetti Marinara & Cheese  
Pizza Supreme

14 All-Beef Hot Dog<sup>ABF NNF GF</sup> w/ BBQ Baked Beans<sup>GF</sup>  
Indian Butter Tofu<sup>GF</sup> w/ Brown Rice<sup>GF</sup> w/ Flatbread & Spinach Cilantro Chutney<sup>GF</sup>  
Red Velvet Beet Brownies

15 Roast Turkey<sup>GF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Dinner Roll  
Veggie Burrito  
Nashville Hot Chicken<sup>ABF</sup> Sandwich

16 Chicken<sup>ABF</sup> & Waffles with Berry Sauce  
Green Chile & Cheese Tamales<sup>GF</sup> with Refried Beans<sup>GF</sup> and Brown Rice<sup>GF</sup>  
Toasted Cheese & Bacon Sandwich

17

18

19

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23

24

WINTER BREAK

25

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31

WINTER BREAK

Find allergen information, menu updates and more at [bvsd.org/food](https://bvsd.org/food)

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



January Harvests of the Month: Potatoes & Root Veggies



Artwork by:  
**Rylokee  
Cardamone**  
Broomfield  
High School



Local farmer partner:  
**Healthy Harvest Productions:  
Sunflower Oil**



Presenting sponsor:



**PREMIER MEMBERS** **PMCU Financial Literacy Tip:** New year, new spending habits. Budgeting may not be fun, but in our mobile app it's easy. You can set and manage budget alerts to keep you on track all year, plus much more. Find out how at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# JANUARY

## WHAT'S IN SEASON THIS MONTH?

Look for 🥕 Jones Farm Purple Mashed Potatoes, Cheesy Scalloped Potatoes and 🍅 Fire-Roasted Tomato Salsa on our January menu. Southwestern Quinoa Salad<sup>GF</sup>, local carrots, shredded beets and chilled roasted root vegetables on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread 🥗 Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	5 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> w/ Oven Baked Fries <sup>GF</sup> 🥗 Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>(GF Avail)</sup> SFP Secret Sauce	6 Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	7
	WINTER BREAK					1
8	9 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🥗 Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	10 Spaghetti & Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	11 All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup> 🥕 Scalloped Potatoes	12 Oven Fried Chicken <sup>ABF</sup> with Brown Rice <sup>GF</sup> Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	13 BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Chicken Tinga Bowl <sup>GF</sup> over Brown Rice <sup>GF</sup> with Corn and Black Bean Salsa <sup>GF</sup>	14  SCHOOL FOOD PROJECT Boulder Valley School District
15	16	17 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese w/ Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	18 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> 🥗 Falafel & Hummus <sup>GF</sup> on Flatbread with Creamy Cucumbers <sup>GF</sup> SFP Secret Sauce	19 Beef <sup>ABF GF</sup> Soft Tacos <sup>GF</sup> w/ Housemade Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Meat Lovers Calzone	20 Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni <sup>ABF NNF</sup> Pizza Healthy Dessert: Warm Caramel Applesauce	21
	MARTIN LUTHER KING, JR. DAY					
22	23 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🥗 Bean Nachos <sup>GF</sup> with Cheese Sauce 🍅 Fire-Roasted Tomato Salsa <sup>GF</sup>	24 Oven Roast Chicken <sup>ABF GF</sup> with Jones Purple Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with Pico de Gallo <sup>GF</sup>	25 All Beef Hot Dog <sup>ABF NNF GF</sup> w/ Baked Beans <sup>GF</sup> 🥗 Tofu Chorizo Tacos <sup>GF Avail</sup> with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup>	26 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll Nashville Hot Chicken <sup>ABF</sup> Sandwich	27 BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw 🥗 Plant Forward Bolognese <sup>GF</sup> with Garlic Bread Iron-Chef Winning Phoenix Tofu Jambalaya <sup>GF</sup>	28
29	30 Oven Roast Chicken <sup>ABF GF</sup> w/ Gravy & Biscuit with Jones Purple Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit 🥗 Toasted Cheese Sandwich <sup>(GF Avail)</sup> w/ Tomato Soup <sup>GF</sup> Spicy Beef & Sausage Penne	31 Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl				

Find allergen information, menu updates and more at [bvsd.org/food](http://bvsd.org/food)

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



February Harvests of the Month: Cabbage and Sweet Potatoes



Artwork by:  
**Stella Wallace**  
Lafayette  
Elementary  
School



Local farmer partner:  
**Jones Organic Family Farm**



Presenting sponsor:



**PMCU Financial Literacy Tip:** We LOVE local. And we put our money where our mouth is. With our LIFE (Loan Interest For Education) Program you save money on loans, and we share the interest earnings with a local school of your choice. Learn more at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# FEBRUARY

## WHAT'S IN SEASON THIS MONTH?

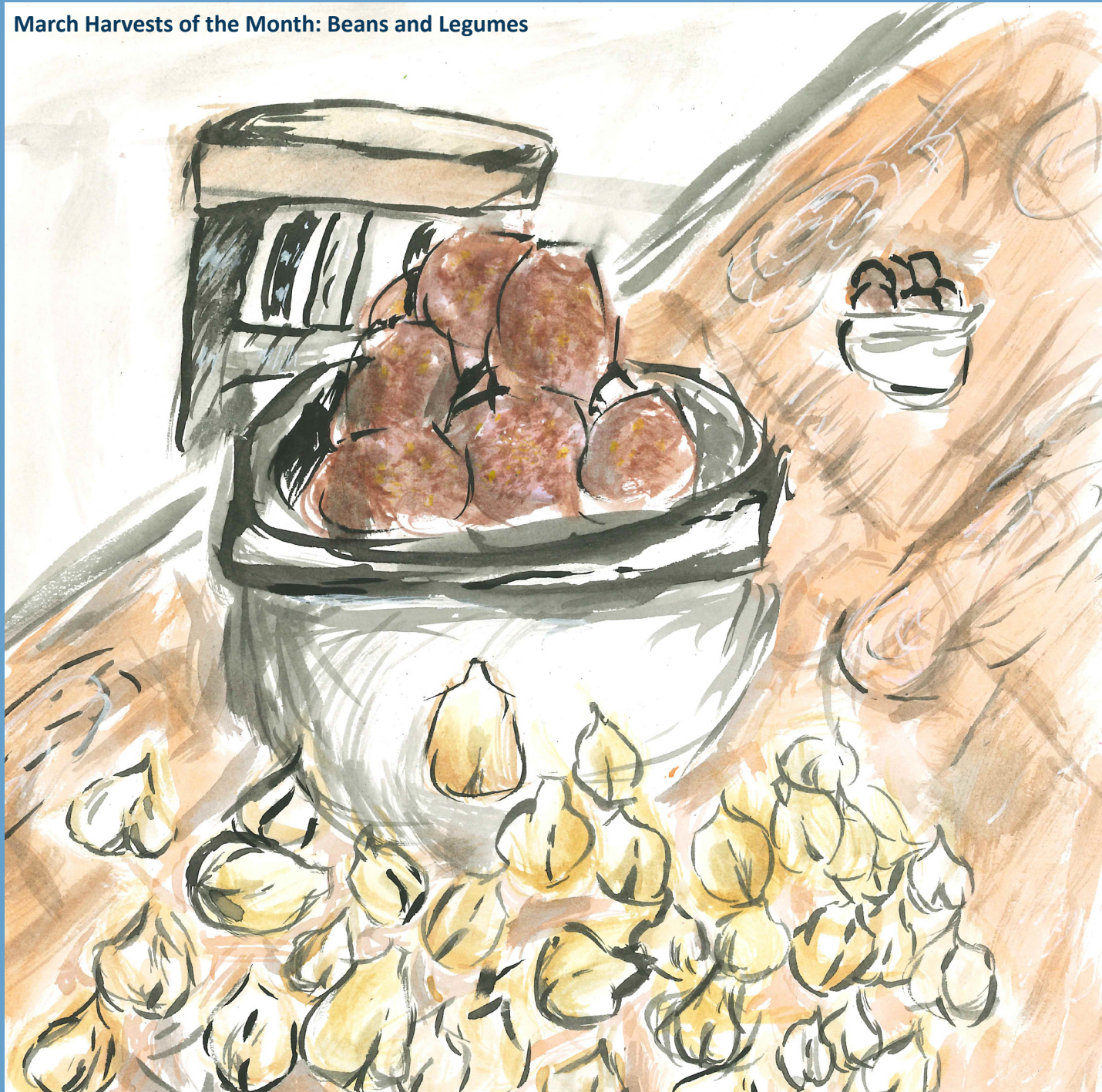
Look for 🥕 Roasted Sweet Potatoes, Sweet Potato Mash and 🌶️ Tomatillo Salsa on our February menu, and Brown Rice Salad<sup>GF</sup> with Edamame and Ginger Soy Vinagrette, local carrots, cabbage, and beets on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread SFP Secret Sauce	<b>2</b> Plant-Forward Nachos <sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo <sup>GF</sup> Cheese Ravioli with Dinner Roll Toasted Cheese & Bacon Sandwich	<b>3</b> Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	<b>4</b>  BOULDER VALLEY SCHOOL DISTRICT
<b>5</b>	<b>6</b>  PROFESSIONAL DEVELOPMENT DAY	<b>7</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	<b>8</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> w/ BBQ Baked Beans <sup>GF</sup> Indian Butter Tofu <sup>GF</sup> w/ Brown Rice <sup>GF</sup> w/ Flatbread & Spinach Cilantro Chutney <sup>GF</sup>	<b>9</b> Roast Turkey <sup>GF</sup> with Mashed Sweet Potatoes <sup>GF</sup> , Gravy & Dinner Roll Veggie Burrito Nashville Hot Chicken <sup>ABF</sup> Sandwich  Sweet Potato Mash <sup>GF</sup>	<b>10</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Toasted Cheese & Bacon Sandwich	<b>11</b>
<b>12</b>	<b>13</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread  Plant Forward Nachos <sup>GF</sup> with Cheese Sauce & Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>14</b> Tacos Al Pastor <sup>GF Avail</sup> with Pineapple Salsa Macaroni & Cheese w/ Garlic Bread Italian Sausage Hoagie <sup>GF Avail</sup> w/ Roasted Red Peppers & Provolone	<b>15</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup>  Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>GF Avail</sup> SFP Secret Sauce	<b>16</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>17</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>  Roasted Sweet Potatoes <sup>GF</sup>	<b>18</b>
<b>19</b>	<b>20</b>  PRESIDENTS' DAY	<b>21</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce  Tomatillo Salsa <sup>GF</sup>	<b>22</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup> Healthy Dessert: Rice Pudding	<b>23</b> Oven Fried Chicken <sup>ABF</sup> with Brown Rice <sup>GF</sup> Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>24</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Colesla Pasta Alfredo with Garlic Bread Chicken Tinga Bowl <sup>GF</sup> over Brown Rice <sup>GF</sup> with Corn and Black Bean Salsa <sup>GF</sup>	<b>25</b>
<b>26</b>  Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	<b>27</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>28</b> Beef <sup>ABF GF</sup> Soft Tacos <sup>(GF Avail)</sup> with Housemade Salsa with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Meat Lovers Calzone				

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



## March Harvests of the Month: Beans and Legumes



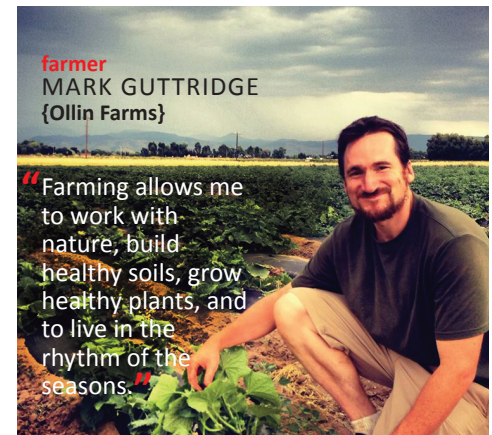
Artwork by:

**Veronica  
Hawkins**

Meadowlark  
K8 School



Local farmer partner:  
**Ollin Farms**



Presenting sponsor:





# MARCH

## WHAT'S IN SEASON THIS MONTH?

Look for 🌱 Local Pinto Bean Salad, 🌶️ Fresh Pico de Gallo Salsa on our March menu. Iron Chef-winning Gallo Pinto<sup>GF</sup> from the Superfood Sisters, local carrots, shredded beets and shredded cabbage featured on our salad bars.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5

6 Beef Nachos<sup>ABF GF</sup> with Cheese Sauce  
🌱 Bean Nachos<sup>GF</sup> with Cheese Sauce  
Green Pea Guacamole<sup>GF</sup>

12

13 Oven Roast Chicken<sup>ABF GF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Toasted Cheese Sandwich<sup>(GF Avail)</sup> with Tomato Soup<sup>GF</sup>  
Spicy Beef & Sausage  
Penne with Garlic Bread

19

20 Beef Nachos<sup>ABF GF</sup> with Cheese Sauce  
🌱 Bean Nachos<sup>GF</sup> with Cheese Sauce  
🌶️ Pico de Gallo Salsa<sup>GF</sup>

26

Find allergen information, menu updates and more at [bvsd.org/food](http://bvsd.org/food)

27

28

29

30

31

1 Hamburger<sup>ABF GF</sup> or Cheeseburger<sup>ABF GF</sup> with Oven Baked Fries<sup>GF</sup>  
🌱 Falafel & Hummus<sup>GF</sup>  
🌱 Flatbread with Creamy Cucumbers<sup>GF</sup>  
SFP Secret Sauce

8 All Beef Hot Dog<sup>ABF NNF GF</sup> w/ Baked Beans<sup>GF</sup>  
🌱 Tofu Chorizo Tacos<sup>GF Avail</sup> with Radish Slaw<sup>GF</sup> and Brown Rice<sup>GF</sup>

15 Hamburger<sup>ABF GF</sup> or Cheeseburger<sup>ABF GF</sup> with Oven Baked Fries<sup>GF</sup>  
🌱 Chickpea Masala<sup>GF</sup> with Flatbread  
SFP Secret Sauce

22 All-Beef Hot Dog<sup>ABF NNF GF</sup> w/ BBQ Baked Beans<sup>GF</sup>  
Indian Butter Tofu<sup>GF</sup> w/ Brown Rice<sup>GF</sup> w/ Flatbread & Spinach  
Cilantro Chutney<sup>GF</sup>

2 Roast Turkey<sup>GF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed Potato<sup>GF</sup> with Biscuit  
Pork Green Chile Burrito

9 French Toast Casserole with Turkey Sausage<sup>GF</sup> & Berry Sauce<sup>GF</sup>  
Cheese Ravioli with Dinner Roll  
Nashville Hot Chicken<sup>ABF</sup> Sandwich

16 Plant-Forward Nachos<sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo<sup>GF</sup>  
Cheese Ravioli with Dinner Roll  
Toasted Cheese & Bacon Sandwich

23 Roast Turkey<sup>GF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Dinner Roll  
Veggie Burrito w/ Green Chile Smothered  
Nashville Hot Chicken<sup>ABF</sup> Sandwich

3 Crispy Chicken<sup>ABF</sup> Sandwich  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
🌱 Local Pinto Bean Salad<sup>GF</sup>

10 BBQ Pulled Pork<sup>GF</sup> Sandwich with Creamy Coleslaw  
🌱 Plant Forward Bolognese<sup>GF</sup> with Garlic Bread  
Iron-Chef Winning Phoenix Tofu Jambalaya<sup>GF</sup>

17 Meatball Sub<sup>GF</sup>  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
Healthy Dessert: Lemon Panna Cotta with Berry Sauce<sup>GF</sup>

24 Chicken<sup>ABF</sup> & Waffles with Berry Sauce  
Green Chile & Cheese Tamales<sup>GF</sup> with Refried Beans<sup>GF</sup> and Brown Rice<sup>GF</sup>  
Toasted Cheese & Bacon Sandwich

4



BOULDER VALLEY SCHOOL DISTRICT

11

18

25

SPRING BREAK

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





April Harvest of the Month: Spring Greens

Artwork by:  
**Lauren  
 Thaler**  
 Mesa  
 Elementary  
 School



Local farmer partner:  
**Hoffman Farms**



Presenting sponsor:





**PMCU Financial Literacy Tip:** Sustainability isn't just a key word to us. It's a way of living, of working, and doing business. We actively encourage our employees, members, and partners to reduce the footprint we leave on our environment. See what "going green" means to Premier Members at [PMCU.org/backtoschool](http://PMCU.org/backtoschool).



# APRIL

## WHAT'S IN SEASON THIS MONTH?

Look for  Creamy Parmesan Kale, Sautéed Lemon Garlic Spinach and  Chipotle Salsa on our April menu. Ruby Red Rice and Kale Salad<sup>GF</sup>, local carrots, spring greens, shredded cabbage on our salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Chicken Strips <sup>ABF</sup> w/ Dipping Sauce & Garlic Bread  Plant Forward Nachos <sup>GF</sup> with Cheese Sauce & Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales w/ Refried Beans <sup>GF</sup> & Brown Rice <sup>GF</sup>	4 Pork Tacos Al Pastor <sup>GF</sup> Avail with Pineapple Salsa <sup>GF</sup> and Brown Rice <sup>GF</sup> Macaroni & Cheese w/ Garlic Bread Italian Sausage Hoagie <sup>GF</sup> Avail with Roasted Red Peppers & Provolone	5 Hamburger <sup>ABF</sup> GF or Cheeseburger <sup>ABF</sup> GF with Oven Baked Fries <sup>GF</sup>  Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>GF</sup> Avail	6 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	7 Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF</sup> NNF  Creamy Parmesan Kale <sup>GF</sup>	1 8
9	10 Beef Nachos <sup>ABF</sup> GF with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	11 Meatballs <sup>GF</sup> and Spaghetti Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	12 All-Beef Hot Dog <sup>ABF</sup> NNF GF with BBQ Baked Beans <sup>GF</sup>  Justin & Hosea's Veggie Enchiladas <sup>GF</sup>	13 Oven Fried Chicken <sup>ABF</sup> with Brown Rice <sup>GF</sup>  Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	14 BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Chicken Tinga Bowl <sup>GF</sup> over Brown Rice <sup>GF</sup> with Corn and Black Bean Salsa <sup>GF</sup>	15  BOULDER VALLEY SCHOOL DISTRICT
16	17 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	18 Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Pork Green Chile Burrito	19 Hamburger <sup>ABF</sup> GF or Cheeseburger <sup>ABF</sup> GF with Oven Baked Fries <sup>GF</sup>  Falafel & Hummus <sup>GF</sup> Flatbread with Creamy Cucumbers <sup>GF</sup> SFP Secret Sauce	20 Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni <sup>ABF</sup> NNF Pizza  Sautéed Lemon Garlic Spinach <sup>GF</sup>	21 CONFERENCE EXCHANGE DAY	22
23	24 CONFERENCE EXCHANGE DAY	25 Beef Nachos <sup>ABF</sup> GF with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce  Chipotle Salsa <sup>GF</sup>	26 All Beef Hot Dog <sup>ABF</sup> NNF GF w/ Baked Beans <sup>GF</sup>  Tofu Chorizo Tacos <sup>GF</sup> Avail with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup>	27 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll Nashville Hot Chicken <sup>ABF</sup> Sandwich	28 BBQ Pulled Pork <sup>GF</sup> Sandwich w/ Creamy Coleslaw  Plant Forward Bolognese <sup>GF</sup> w/ Garlic Bread Iron-Chef Winning Phoenix Tofu Jambalaya <sup>GF</sup> Healthy Dessert: Strawberry Rhubarb Crisp <sup>GF</sup>	29
30 Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>						

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



May Harvests of the Month: Spring Radishes and Strawberries



Artwork by:

**Sayuri  
Martinez Ibarra**  
Columbine  
Elementary School



Local farmer partner:  
**Kilt Farm**



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:





# MAY

## WHAT'S IN SEASON THIS MONTH?

Look for 🥬 Strawberry Spinach Feta Salad, Crispy Korean Pickled Radishes, and 🍓 Strawberry Salsa on our May menu. Quinoa Tabouli, Spring Greens and Spinach and local radishes on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>2</b> Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	<b>3</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Chickpea Masala with Flatbread SFP Secret Sauce	<b>4</b> Plant Forward Nachos <sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo <sup>GF</sup> Cheese Ravioli with Dinner Roll Turkey, Bacon and Cheese Bagel Sandwich	<b>5</b> Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Strawberry Spinach Feta Salad <sup>GF</sup> SCHOOL LUNCH HERO DAY	<b>6</b>  BOULDER VALLEY SCHOOL DISTRICT
<b>7</b>	<b>8</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	<b>9</b> General Tso's Chicken Drumsticks <sup>GF</sup> with Veggie Fried Rice <sup>GF</sup> Spaghetti Marinara & Cheese Pizza Supreme	<b>10</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> w/ BBQ Baked Beans <sup>GF</sup> Indian Butter Tofu <sup>GF</sup> over Brown Rice <sup>GF</sup> w/ Flatbread & Spinach Cilantro Chutney <sup>GF</sup> Healthy Dessert: Banana Pudding <sup>GF</sup> w/ Housemade Vanilla Wafers	<b>11</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Veggie Burrito Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>12</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Toasted Cheese & Bacon Sandwich	<b>13</b>
<b>14</b>	<b>15</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Plant Forward Nachos <sup>GF</sup> with Cheese Sauce & Fresh Pico de Gallo <sup>GF</sup> Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>16</b> Pork Tacos Al Pastor <sup>GF</sup> Avail with Pineapple Salsa <sup>GF</sup> and Brown Rice <sup>GF</sup> Macaroni & Cheese w/ Garlic Bread Italian Sausage Hoagie <sup>GF Avail</sup> with Roasted Red Peppers & Provolone	<b>17</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>GF Avail</sup> SFP Secret Sauce	<b>18</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>19</b> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Crispy Korean Pickled Radishes <sup>GF</sup>	<b>20</b>
<b>21</b>	<b>22</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Strawberry Salsa <sup>GF</sup>	<b>23</b> Meatballs <sup>GF</sup> and Spaghetti Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>24</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup>	<b>25</b> Chef's Choice LAST DAY OF SCHOOL	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> MEMORIAL DAY	<b>30</b>	<b>31</b>			

Unlimited salad bar, local skim and 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a <sup>GF</sup> symbol. Hormone- and antibiotic-free choices are designated with a <sup>ABF</sup> symbol. Nitrate- and nitrite-free choices are designated with a <sup>NNF</sup> 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](http://bvsd.org/food)

**PMCU Financial Literacy Tip:** In this increasingly technological and mobile world, we make accessing and managing accounts easy by staying on the forefront of technology while keeping security and fraud protection in mind. Learn more about our innovative Digital Branch at [PMCU.org/backtoschool](http://PMCU.org/backtoschool).



# JULY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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INDEPENDENCE DAY

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Find allergen information,  
menu updates and more  
at [bvsd.org/food](https://bvsd.org/food)

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**PMCU Financial Literacy Tip:** Summer's in full swing and you know what that means. Let's talk about car loans...no, we're kidding. Enjoy your summer and please support local. Learn more about what Premier Members is about at [PMCU.org/backtoschool](https://PMCU.org/backtoschool).





COVER ART PROVIDED BY:



**Maiya Esquibel**  
Centaurus High School

### Allergen & Nutrition Information:

The BVSD Food Service Department is dedicated to student health and safety. To help support this mission, we have created resources on our meals' allergen and nutritionally-related information. You can find helpful tools including allergen information, menu updates, and nutrition information for all of our menu items at [food.bvsvd.org](http://food.bvsvd.org). We have created extensive lists of the top 9 food allergens for breakfast, lunch and snack menu items.

Please note, menu items may contain or come into contact with some common food allergens. All items are produced in a facility with shared equipment that also processes egg, wheat, dairy, soy, and sesame. While we take great steps to minimize risk and promote food safety, please be advised that cross-contact may occur.

If your child has a severe or life-threatening allergy, you should also notify the nurse or health office at your student's school. If necessary, our staff has been adequately trained in cross contamination and will change gloves and utensils to accommodate your child's food allergy.

You can also opt into our Allergen Alert email group through our website. This email group is used periodically to alert parents and caregivers of children with food allergies of any menu or product information changes. If you would like to review our six-week cycle menu with one of our Registered Dietitians to determine which foods your child can and can't eat given their restrictions, please email [Stephen.Menyhart@bvsvd.org](mailto:Stephen.Menyhart@bvsvd.org).

### Vegan Entree Options:

We are happy to offer students the following recurring vegan options on our menu: Plant Forward Pasta Bolognese (without cheese) Spaghetti Marinara, Veggie Chili Fries (without cheese), Tomato Bisque Soup, Chickpea Masala and Flatbread, Falafel and Hummus (without creamy cucumbers), Plant Forward Nachos (without cheese), Bean Nachos (without cheese)



 **BOULDER VALLEY SCHOOL DISTRICT**

### Connect with the School Food Project online!

Visit the new [bvsvd.org/food](http://bvsvd.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

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 [bvsvd.org/food](http://bvsvd.org/food).