



# 2021-22 BOULDER VALLEY SCHOOL DISTRICT SECONDARY SCHOOL MENU

CHLOE ARROYO | BOULDER HIGH SCHOOL



**BOULDER VALLEY**  
SCHOOL DISTRICT





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

## 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.

## 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!

## 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.



# Letter from Chef Stephen Menyhart

## Welcome Back BVSD Families!

After the chaos of a pandemic year, we look forward to the opportunity to feed and nourish your students again in schools this year, in what will hopefully represent a return to normalcy.

Our Food Services team looks forward to supporting your children's learning through delicious, nourishing foods. We continue the legacy of scratch-made meals, and a focus on whole foods with minimally processed ingredients, initiated by my predecessor Chef Ann. We would like to acknowledge her transformative work in the district to provide healthy meals for all children. We promise to maintain the high quality of BVSD school meals, continue to innovate, and provide exceptional service to families.

## Free Meals for All, All Year Long

We also celebrate the USDA's decision to continue to provide Free Meals for all students for the entire 2021-2022 school year, as it encourages food access, and reduces the financial burden on families. We still strongly encourage you to apply for Free and Reduced meals, as it can lead to other reduced fees, and is directly connected to school funding.

## Working Together to Continue to Transform School Meals

I have been a Chef and Registered Dietitian for many years, and have worked in the BVSD Food Services department for the past seven years in a variety of roles. My colleagues and I are committed to children's health and well-being, and we focus on the taste and sensory aspects of the food, as well as the nutritional value. We maintain a from-scratch culinary approach that truly differentiates us from many other school food operations.

Since beginning my role as Director of the department, we have increased our local purchasing initiatives, by sourcing from new local producers, in addition to our existing 10+ local farmer partners. We maintain a dedication and commitment to serving 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.

With our BVSD Culinary Center, we now have a state of the art facility which has led to improvements in food safety, food quality, and consistency of the menu items across the district. We look forward to the return of our vibrant salad bars, local bulk milk, and other hallmarks of our program that were put on hold during the past year. We will also be resuming many of our engaging nutrition education programs.

## 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 Philly Cheese Steak Sandwich and Tofu Chorizo Tacos (vegan). Middle and High School students can look forward to Al Pastor Tacos with Pineapple Salsa and our Barbacoa Beef Quesadilla with housemade Pico de Gallo. As always, we will continue to include a vegetarian hot entree item every day.

## 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 any menu and product changes, please contact Deb Trevor at [deb.trevor@bvsd.org](mailto: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 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](http://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](http://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*



# Joining the Grain Chain

For many of us, eating local means fruits and vegetables and maybe even meats. With the help of the Colorado Grain Chain nonprofit, this year we are sourcing local grains to be featured in our once-a-month Healthy Desserts which also incorporate local fruits when available.

Purchasing local grains allows us to buy heritage and heirloom grains that are often more flavorful and nutritious than modern day varieties. Additionally, supporting a local grain economy encourages small-scale farmers' efforts to boost crop diversity, soil health, and sustainable growing practices.

This year we'll be buying grain from our friends at Jones Family Farms in the Colorado San Luis Valley, who has been a longtime partner providing potatoes and Peruvian purple potatoes. Their grain will be milled at the Moxie Bakery Mill Site in North Boulder and with baking expertise from the bakery's owner and BVSD parent, Andy Clark, the fresh flour will be turned into an assortment of Healthy Desserts served in schools. Check the pages of this calendar to find the special desserts featuring Colorado-grown grains, we hope you enjoy them as much as we do!



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



## Emergency Food Distribution

When the pandemic shuttered schools in March 2020 and our cafeterias sat empty, we began distributing curbside meals to BVSD families. This program continued until the end of June 2021 and in total, 2,267,086 meals were served. Families were then connected to food relief organizations throughout the county.

Maintaining access to school meals was an important vision for our department and we don't take lightly the determination and courage that was required of our staff to show up to serve kids in this time. BVSD staff worked through weather conditions including snow, ice, pouring rain, and blazing heat so that families could count on continued access to quality food.

This program could not have happened without the vital collaboration and ongoing support from BVSD departments like Transportation, the Warehouse & Maintenance teams, Health Services, Equity & Partnerships, and Communications. We are also grateful to the community partners who provided a tremendous amount of resources, including Community Food Share and Impact on Education.



## BVSD FOOD SERVICES

6500 Arapahoe Rd., Boulder, Colorado 80303

Director Stephen Menyhart  
Stephen.Menyhart@bvsd.org  
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 our sponsors  
Premier Members Credit Union and  
Comcast who made this calendar  
possible for all BVSD families.



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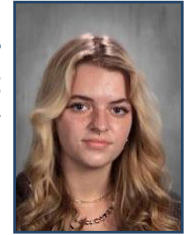
\*Membership required. Terms and conditions apply.



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



Artwork by:  
**Tiger  
Locheart**  
Casey  
Middle  
School



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



Presenting sponsor:



Local partners:



**BOULDER VALLEY**  
SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** How you start something is just as important as how you finish it. Like opening a savings account when you're young, or starting the school year off on the right foot. Start strong, finish strong. Learn about the ways to save at [PMCU.org/backtoschool](https://www.pmcu.org/backtoschool).



# AUGUST

## WHAT'S IN SEASON THIS MONTH?

Look for 🍲 Summer Squash Gratin and 🍑 Fresh Peach Salsa 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	7  BOULDER VALLEY SCHOOL DISTRICT
8	9	10	11	12	13	14
15	16	17	18  Pepperoni <sup>ABF NNF</sup> Pizza Cheese Pizza	19  Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Green Pea Guacamole <sup>GF</sup>	20  All Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Cheese Ravioli with Dinner Roll	21
22	23  Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese  Pork Tacos Al Pastor <sup>GF</sup> with Peach Salsa <sup>GF</sup>  Summer Squash Gratin <sup>GF</sup>	24  Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup> Toasted Cheese Sandwich ( <sup>GF Avail</sup> ) with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	25  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> with Tortilla SFP Secret Sauce	26  Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy, & Dinner Roll Cheese Ravioli with Dinner Roll  Pork Green Chile Burrito- Smothered	27  Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza  Pepperoni <sup>ABF NNF</sup> Pizza Healthy Dessert: Peach Crisp	28
29  Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	30  Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Fresh Peach Salsa <sup>GF</sup>	31  Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <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:  
**Tessa Leach**  
 Boulder  
 High School



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



Presenting sponsor:



Local partners:



**BOULDER VALLEY**  
 SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** Improving the financial literacy of our youth and preparing them for financial independence is a staple of the handcrafted banking experience with The Artisans of Banking. Learn how we're educating future generations at [PMCU.org/backtoschool](https://www.pmcu.org/backtoschool).



# SEPTEMBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🌮 Mexican Street Corn Casserole, Local Corn on the Cob and 🍅 Fresh Pico de Gallo Salsa on our September menu. 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> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread	<b>2</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Vegan Tofu Chorizo <sup>GF</sup> Tacos with Radish Slaw <sup>GF</sup> & Brown Rice <sup>GF</sup> Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>3</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>4</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>5</b>	<b>6</b> LABOR DAY	<b>7</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>8</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup>  Plant Forward Bolognese <sup>GF</sup> & Garlic Bread	<b>9</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy, & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks <sup>ABF GF</sup> with Dinner Roll	<b>10</b> Meatball <sup>GF</sup> Sub Cheese Pizza  Pepperoni Pizza <sup>ABF NNF</sup>  Buttery Sweet Corn	<b>11</b>
<b>12</b>	<b>13</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>14</b> Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara & Cheese Pizza Supreme	<b>15</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas	<b>16</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</sup>	<b>17</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> Turkey, Bacon and Cheese Bagel Sandwich	<b>18</b>
<b>19</b>	<b>20</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>21</b> Korean BBQ Turkey <sup>GF</sup> Sandwich Macaroni & Cheese Toasted Cheese & Bacon Sandwich Garlic Bread	<b>22</b> Colorado Bison Burger with Oven Baked Fries <sup>GF</sup>  Falafel & Hummus <sup>GF</sup> Flatbread with Creamy Cucumbers <sup>GF</sup> Local Salad Bar Items <small>COLORADO PROUD DAY</small>	<b>23</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup>  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	<b>24</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Zucchini Cake	<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> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Fresh Pico De Gallo Salsa <sup>GF</sup>	<b>28</b> Spaghetti and Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> Chicken Tinga <sup>ABF</sup> Tacos	<b>29</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit  Mexican Street Corn Casserole	<b>30</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Veggie Burrito - Smothered Spicy Beef & Sausage Penne with Garlic Bread		

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 Cauliflower

Artwork by:  
**Jia Grippio**  
 Manhattan  
 Middle School



Local farmer partner:  
**Domenico Farms**



Presenting sponsor:



Local partners:



**BOULDER VALLEY**  
 SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** Smiling faces, personal service, and fanatical support; these are the key ingredients behind our recipe of offering our members "Premier" service. Learn more about our handcrafted service at [PMCU.org/backtoschool](http://PMCU.org/backtoschool).



# OCTOBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🥬 Ollin Farm Pepper Slaw, Garlic Smashed Cauliflower, and 🌽 Roasted Sweet Corn and Black Bean Salsa on our October menu, and local peppers, cherry tomatoes, carrots, cucumbers, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>2</b>  BOULDER VALLEY SCHOOL DISTRICT
<b>3</b>	<b>4</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese with Garlic Bread Pork Tacos Al Pastor <sup>GF</sup> with Pineapple Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup>	<b>5</b> Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich ( <sup>GF Avail</sup> ) with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	<b>6</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> with Tortilla ( <sup>GF Avail</sup> ) SFP Secret Sauce	<b>7</b> Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Pork Green Chile Burrito- Smothered	<b>8</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni <sup>ABF NNF</sup> Pizza  Ollin Farms Pepper Slaw	<b>9</b>
<b>10</b>	<b>11</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>12</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <sup>GF</sup>	<b>13</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread	<b>14</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Vegan Tofu Chorizo <sup>GF</sup> Tacos with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup> Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>15</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>16</b>
<b>17</b>  Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	<b>18</b>  PROFESSIONAL DEVELOPMENT DAY	<b>19</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich ( <sup>GF Avail</sup> ) with Tomato Bisque <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>20</b> Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	<b>21</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup>  Plant Forward Bolognese <sup>GF</sup> and Garlic Bread SFP Secret Sauce	<b>22</b> Meatball Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Ginger Apple Crisp	<b>23</b>
<b>24</b>  <b>31</b>	<b>25</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Roasted Sweet Corn and Black Bean Salsa <sup>GF</sup>	<b>26</b> Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara and Cheese Pizza Supreme	<b>27</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas	<b>28</b> Oven Roast Chicken <sup>ABF GF</sup> with Garlic Smashed Cauliflower, Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>29</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chili & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>30</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.



November Harvests of the Month: Carrots and Pumpkin



Artwork by:

**Emiliano  
Hernandez**

Escuela Bilingüe  
Pioneer  
Elementary



Local farmer partner:  
**Colorado Fresh Farms**

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:



Local partners:



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**PMCU Financial Literacy Tip:** What are you thankful for this month? As the Artisans of Banking, we're thankful for our banking family, introspective questions on a calendar, and the best community a credit union could ask for. See what else we're thankful for at [PMCU.org/backtoschool](https://www.pmcu.org/backtoschool).



# NOVEMBER

## WHAT'S IN SEASON THIS MONTH?

Look for 🥕 Honey Glazed Carrots and 🌶️ Salsa Verde on our November menu, and local carrots, and Western Slope apples on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>2</b> Korean BBQ Turkey <sup>GF</sup> Sandwich Macaroni & Cheese Toasted Cheese & Bacon Sandwich Garlic Bread	<b>3</b> 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	<b>4</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	<b>5</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Pumpkin Bread	<b>6</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>7</b> DAYLIGHT SAVINGS TIME ENDS	<b>8</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Roasted Green Chili Salsa <sup>GF</sup>	<b>9</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Veggie Burrito – Smothered Spicy Beef & Sausage Penne with Garlic Bread	<b>10</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>11</b> VETERANS' DAY	<b>12</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Nashville Hot Chicken <sup>ABF</sup> Sandwich	
<b>14</b>	<b>15</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese with Garlic Bread Pork Tacos Al Pastor <sup>GF</sup> with Pineapple Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup>	<b>16</b> Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa <sup>GF</sup> with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	<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> with Tortilla <sup>(GF avail)</sup> SFP Secret Sauce	<b>18</b> Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Pork Green Chile Burrito- Smothered	<b>19</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> 🥕 Glazed Carrots	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
THANKSGIVING BREAK						
<b>28</b> Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	<b>29</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>30</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <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:  
**Edwin  
Martinez  
Sanchez**  
Columbine  
Elementary



Local farmer partner:  
**Rancho Largo**



Presenting sponsor:



Local partners:



**PMCU Financial Literacy Tip:** Happy Holidays from your friends at Premier Members! 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://pmcu.org/backtoschool).



# DECEMBER

## WHAT'S IN SEASON THIS MONTH?

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread	<b>2</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Tofu Chorizo <sup>GF</sup> Tacos w/ Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup> Nashville Hot Chicken <sup>ABF</sup> Sandwich  Radish Slaw <sup>GF</sup>	<b>3</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>4</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>5</b>	<b>6</b> Chicken Strips <sup>ABF GF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich (GF Avail) with Tomato Bisque <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>  Plant Forward Bolognese <sup>GF</sup> & Garlic Bread SFP Secret Sauce	<b>9</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy, & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks <sup>ABF GF</sup> with Dinner Roll	<b>10</b> Meatball Sub <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>  Balsamic Beets <sup>GF</sup>	<b>11</b>
<b>12</b>	<b>13</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Salsa Verde <sup>GF</sup>	<b>14</b> Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara & Cheese Pizza Supreme	<b>15</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas Healthy Dessert: Oatmeal Cranberry Bars	<b>16</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</sup>	<b>17</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce Green Chili & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	WINTER BREAK					
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>			WINTER 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.



January Harvests of the Month: Potatoes & Root Veggies



Artwork by:  
**Sierra  
Tomlinson**  
Nederland  
Middle/High  
School



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



Presenting sponsor:



Local partners:



**BOULDER VALLEY**  
SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** New year, new spending habits. When you create a budget in our mobile app, you'll be able to set and manage budget alerts to keep you on track all year. Find out how at [PMCU.org/backtoschool](https://PMCU.org/backtoschool).



# JANUARY

## WHAT'S IN SEASON THIS MONTH?

Look for 🍷 Jones Farm Mashed Potatoes, Oven Baked Local Fries and 🍷 Roasted Tomato Salsa on our January menu, and local carrots, shredded beets and chilled roasted root vegetables on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	WINTER BREAK		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	French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup>  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>  Roasted Root Veggies	1
9	10	11	12	13	14	15
	Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	Spaghetti & Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> Chicken Tinga <sup>ABF GF</sup> Tacos	All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	Oven Roasted Chicken <sup>ABF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit  Smothered Veggie Burrito Spicy Beef & Sausage Penne with Garlic Bread  Jones Purple Potatoes	BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Nashville Hot Chicken <sup>ABF</sup> Sandwich	 BOULDER VALLEY SCHOOL DISTRICT
16	17	18	19	20	21	22
	MARTIN LUTHER KING, JR. DAY	Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa <sup>GF</sup> with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	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> with Tortilla <sup>(GF Avail)</sup> SFP Secret Sauce	Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Pork Green Chile Burrito- Smothered  Jones Purple Potatoes	Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Red Velvet Beet Brownies	
23	24	25	26	27	28	29
	Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Roasted Tomato Salsa <sup>GF</sup>	Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <sup>GF</sup>	All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread	French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Tofu Chorizo <sup>GF</sup> Tacos with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup> Nashville Hot Chicken <sup>ABF</sup> Sandwich	BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	
30	31					
Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread					

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.



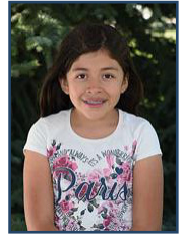
February Harvests of the Month: Cabbage and Sweet Potatoes



Artwork by:

**Brissia  
Alas Guerra**

Louisville  
Elementary  
School



Local farmer partner:

**Jones Organic Family Farm**

farmer

JONES FAMILY  
{Jones Farms  
Organics}



Presenting sponsor:



Local partners:



**BOULDER VALLEY  
SCHOOL DISTRICT**



**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://www.pmcu.org/backtoschool).



# FEBRUARY

## WHAT'S IN SEASON THIS MONTH?

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	<b>2</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Plant Forward Bolognese <sup>GF</sup> & Garlic Bread SFP Secret Sauce	<b>3</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy, & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks <sup>ABF GF</sup> with Dinner Roll	<b>4</b> Meatball Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> 🥔 Roasted Sweet Potatoes <sup>GF</sup>	<b>5</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
6	7 NO STUDENTS	<b>8</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>9</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce <sup>GF</sup> 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>10</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas	<b>11</b> Oven Roast Chicken <sup>ABF GF</sup> with 🥔 Sweet Potato Mash <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</sup>	12
13	<b>14</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>15</b> Korean BBQ Turkey <sup>GF</sup> Sandwich Macaroni & Cheese Toasted Cheese & Bacon Sandwich Garlic Bread	<b>16</b> 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	<b>17</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> 🥬 Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	<b>18</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Rice Pudding	19
20	<b>21</b> PRESIDENTS' DAY	<b>22</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> 🥬 Tomatillo Salsa <sup>GF</sup>	<b>23</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>24</b> Spaghetti Marinara & Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> Chicken Tinga <sup>ABF GF</sup> Taco	<b>25</b> BBQ Pulled Pork <sup>GF</sup> Sandwich Pasta Alfredo with Garlic Bread Nashville Hot Chicken <sup>ABF</sup> Sandwich 🥔 Baja Slaw <sup>GF</sup>	26
<b>27</b> Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	<b>28</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese with Garlic Bread Pork Tacos Al Pastor <sup>GF</sup> with Pineapple Salsa <sup>GF</sup> & 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.



March Harvests of the Month: Beans and Legumes



Artwork by:

**Sarah Short**

Southern Hills  
(art created  
while at  
Mesa Elem.)



Local farmer partner:  
**Ollin Farms**

farmer  
**MARK GUTTRIDGE**  
{Ollin Farms}

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



Presenting sponsor:



Local partners:



**PMCU Financial Literacy Tip:** The school year's almost out, but the work's not over. Scholarships and grants are available, and we even offer one at Premier Members. Learn more and apply at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# MARCH

## WHAT'S IN SEASON THIS MONTH?

Look for 🌱 Local Pinto Beans, 🌶️ Chipotle Salsa, and 🌿 Green Pea Guacamole on our March menu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa <sup>GF</sup> with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	<b>2</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> with Tortilla <sup>(GF Avail)</sup> SFP Secret Sauce	<b>3</b> Roast Turkey <sup>GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Garlic Bread Pork Green Chile Burrito – Smothered	<b>4</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> 🌱 Local Pinto Bean Salad	<b>5</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>6</b>	<b>7</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🌱 Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>8</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <sup>GF</sup>	<b>9</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> 🌱 Chickpea Masala <sup>GF</sup> with Flatbread 🌱 Local Pinto Beans	<b>10</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Tofu Chorizo <sup>GF</sup> Tacos with Radish Slaw <sup>GF</sup> and Brown Rice <sup>GF</sup> Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>11</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw- 🌱 Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>12</b>
<b>13</b>	<b>14</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	<b>15</b> Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	<b>16</b> Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> 🌱 Plant Forward Bolognese <sup>GF</sup> & Garlic Bread SFP Secret Sauce	<b>17</b> Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks <sup>ABF GF</sup> with Dinner Roll	<b>18</b> Meatball Sub <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Lemon Cake With Strawberry Sauce	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	SPRING BREAK					
<b>27</b>	<b>28</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🌱 Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> 🌶️ Chipotle Salsa <sup>GF</sup>	<b>29</b> Chicken <sup>ABF</sup> & Waffles with Berry Sauce <sup>GF</sup> 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>30</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas	<b>31</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</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.





April Harvest of the Month: Spring Greens

Artwork by:  
**Scarlett Muller**  
Southern Hills  
Middle  
School



Local farmer partner:  
**Hoffman Farms**



Presenting sponsor:



Local partners:



**LEGACY**  
MEATS



**BOULDER VALLEY**  
SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** We are actively encouraging our employees, members, partners, and other financial institutions to reduce the footprint we leave on our environment. See what sustainability means to Premier Members at [PMCU.org/backtoschool](https://pmcu.org/backtoschool).



# APRIL

## WHAT'S IN SEASON THIS MONTH?

Look for 🍓 Strawberry Spinach Feta Salad and 🌶️ Pico de Gallo Salsa on our April menu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara & Cheese Pizza Supreme	<b>2</b>  <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>3</b>	<b>4</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>5</b> Korean BBQ Turkey <sup>GF</sup> Sandwich Macaroni & Cheese Toasted Cheese & Bacon Sandwich Garlic Bread Healthy Dessert: Banana Bread	<b>6</b> 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	<b>7</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup>  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	<b>8</b> Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	<b>9</b>
<b>10</b>	<b>11</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> Green Pea Guacamole <sup>GF</sup>	<b>12</b> Spaghetti Marinara & Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> Chicken Tinga <sup>ABF GF</sup> Taco	<b>13</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>14</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Veggie Burrito - Smothered Spicy Beef & Sausage Penne with Garlic Bread	<b>15</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw Pasta Alfredo with Garlic Bread Nashville Hot Chicken <sup>ABF</sup> Sandwich	<b>16</b>
<b>17</b>	<b>18</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese with Garlic Bread Pork Tacos Al Pastor <sup>GF</sup> with Pineapple Salsa <sup>GF</sup> & Brown Rice <sup>GF</sup>	<b>19</b> Beef <sup>ABF GF</sup> Soft Tacos with Housemade Salsa <sup>GF</sup> with Brown Rice <sup>GF</sup> Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Meat Lovers Calzone	<b>20</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> with Tortilla <sup>(GF Avail)</sup> SFP Secret Sauce	<b>21</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>  Strawberry Spinach Feta Salad	<b>22</b> CONFERENCE EXCHANGE DAY	<b>23</b>
<b>24</b> Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	<b>25</b> CONFERENCE EXCHANGE DAY	<b>26</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce  Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup>  Fresh Pico de Gallo <sup>GF</sup>	<b>27</b> All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup>  Chickpea Masala <sup>GF</sup> with Flatbread	<b>28</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Spaghetti Marinara & Cheese Beef Barbacoa Quesadilla with housemade Pico de Gallo <sup>GF</sup>	<b>29</b> BBQ Pulled Pork <sup>GF</sup> Sandwich with Creamy Coleslaw  Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Turkey, Bacon and Cheese Bagel Sandwich	<b>30</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.



May Harvests of the Month: Spring Radishes and Strawberries



Artwork by:  
**Molly Carroll**  
Centaurus  
High School



Local farmer partner:  
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**BOULDER VALLEY  
SCHOOL DISTRICT**



**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](https://www.pmcu.org/backtoschool).



# MAY

## WHAT'S IN SEASON THIS MONTH?

Look for 🍓 Strawberry Spinach Feta Salad, and 🍓 Strawberry Salsa on our May menu, and local radishes on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Bisque <sup>GF</sup> Spicy Beef & Sausage Penne with Garlic Bread	3 Philly Cheese Steak Sandwich <sup>ABF</sup> Macaroni & Cheese with Garlic Bread Chicken Ramen Bowl	4 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> with Oven Baked Fries <sup>GF</sup> Plant Forward Bolognese <sup>GF</sup> & Garlic Bread SFP Secret Sauce	5 Roast Turkey <sup>GF</sup> Dinner with Mashed Potatoes <sup>GF</sup> , Gravy & Dinner Roll Cheese Ravioli with Dinner Roll Buffalo Style Chicken Drumsticks <sup>ABF GF</sup> with Dinner Roll	6 Meatball Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> 🚲 Strawberry Spinach Feta Salad SCHOOL LUNCH HERO DAY	7  BOULDER VALLEY SCHOOL DISTRICT
8 MOTHER'S DAY	9 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🌿 Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> 🍓 Strawberry Salsa <sup>GF</sup>	10 Chicken Potstickers with Fried Rice & Flatbread Spaghetti Marinara & Cheese Pizza Supreme	11 All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas	12 Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Nashville Hot Chicken <sup>ABF</sup>	13 Chicken <sup>ABF</sup> & Waffles with Berry Sauce <sup>GF</sup> 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	14
15	16 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Pasta Alfredo with Garlic Bread Red Pork Tamales with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	17 Korean BBQ Turkey <sup>GF</sup> Sandwich Macaroni & Cheese Toasted Cheese & Bacon Sandwich Garlic Bread	18 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	19 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> 🌿 Plant Forward Nachos <sup>GF</sup> with Fresh Pico de Gallo <sup>GF</sup> Italian Sausage Hoagie with Roasted Red Peppers & Provolone	20 Toasted Cheese Sandwich <sup>(GF avail)</sup> with Tomato Soup <sup>GF</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> 🚲 Strawberry Spinach Feta Salad	21
22 Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	23 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce 🌿 Bean Nachos <sup>GF</sup> with Cheese Sauce Taco Salad <sup>GF</sup> 🍓 Strawberry Salsa <sup>GF</sup>	24 Spaghetti Marinara & Meatballs Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> Chicken Tinga <sup>ABF GF</sup> Taco	25 All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	26 Chef's Choice LAST DAY OF SCHOOL	27	28
29	30 MEMORIAL DAY	31				

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
			1	2	3	4 
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
FATHER'S DAY						
26  For recipes, upcoming events and more, visit <a href="https://bvsd.org/food">bvsd.org/food</a>	27	28	29	30		

**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).



# JULY

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1	2 
3	4 INDEPENDENCE DAY	5	6	7	8	9
10	11	12	13	14	15	16
17 Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	18	19	20	21	22	23
24 31	25	26	27	28	29	30

**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 your local artisans. Learn more about what Premier Members Credit Union is about at [PMCU.org/backtoschool](http://PMCU.org/backtoschool).





COVER ART PROVIDED BY:  
**Chloe Arroyo**  
Boulder 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.bvdsd.org](http://food.bvdsd.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@bvdsd.org](mailto:Stephen.Menyhart@bvdsd.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 [bvdsd.org/food](http://bvdsd.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 [bvdsd.org/food](http://bvdsd.org/food).