



# 2023-24 BOULDER VALLEY SCHOOL DISTRICT ELEMENTARY SCHOOL MENU

Keirra Kernan | Monarch High School



# 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 tasty, nutritious meals that give kids the boost they need to do their best in school.

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

All of our beef, 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 produce, often sourced from local farms.

## Rainbow Days

We were excited to bring back Rainbow Days during the spring semester last year after a COVID hiatus. Rainbow Days involve visiting elementary schools and encouraging students to “make a rainbow” on their tray by trying at least three different options from the salad bar. Students who participate get a small prize.

Rainbow Days are very popular, and we find that students are open to trying all kinds of new fruits and veggies with a little prompting. During these events, we also talk with students about the nutritional benefits of eating fresh, local produce. Helping kids be adventurous eaters results in building healthy food habits that they will carry forward into adulthood.

## Local Purchasing

We take pride in buying local whenever possible. Not only does local food tend to be more nutritious and better for the environment, it also helps support local farmers, farmland, and the local economy. We have developed relationships with farmers and vendors around the state of Colorado, allowing us to bring in all kinds of vegetables,

including sweet peppers, cherry tomatoes, cucumbers, squash, cabbage, melon, and more. We also buy local milk, beef, tortillas, spices, and cooking oil, among other items.

It's true that this style of purchasing is far more complex than what most school districts do, since we source from many smaller vendors instead of a few large ones. We think the extra effort and cost is worth it, and we're committed to maintaining and growing our local network. At BVSD we strive to eat seasonally and buy locally when possible. Take a look at the Local Features section each month on the calendar to see a few of the local offerings we'll have for students.

## Nutrition Education at BVSD

We want to thank all of the volunteers, teachers, and students who work hard keeping BVSD school gardens thriving, and give a special shout out to Garden To Table, a local Boulder nonprofit that partners with the district to provide garden education at many of our elementary schools. Due to the excellent work of their small team of gardeners and educators, our students receive hands-on science education with a curriculum specifically designed for our district. We especially love running lettuce-harvest Rainbow Days in May, in which students harvest the lettuce they planted themselves, and then have the opportunity to take it off the salad bar at their school.

In addition to Rainbow Days and school garden education, we are proud of our other nutrition education programs in the district. This past year we enjoyed hosting the AALPS and Transitions programs at the BVSD Greenhouse. We also ran



the Junior Iron Chef competition for middle school students. Look for the winning dish, green chile mac casserole, on the BVSD secondary menu this year!

Much of our nutrition education programming is made possible by our partnership with AmeriCorp's eeCorps program. Bringing in talented people who are passionate about our mission allows us to continue to serve the BVSD community and enact a new vision for school food in this country.

## Interested in Volunteering?

Assistance from volunteers in the community allows us to run more of the crucial nutrition education programming that gets kids excited about eating healthy local meals, and builds positive food habits that they will carry into adulthood. Are you interested? We can work around your schedule, and there's no commitment. Our volunteers range from one-time helpers at their child's school, to folks who help out regularly wherever there is a need. If you'd like to make a difference and support our programming, please email Evan Nelson Senie at [evan.senie@bvsd.org](mailto:evan.senie@bvsd.org).



# Letter from Food Services Director Carolyn Villa

## Welcome Back BVSD Families!

I am excited to begin my first full year as Director, and usher in a new era of school food in Colorado after the passage of the Healthy School Meals For All Program. Last year brought with it a number of changes, as the pandemic-related free meal program ended, we continued to navigate supply chain issues and staffing shortages, and I got the exciting opportunity to take the reins of the Food Services department after several years serving in other roles for the School Food Project. Despite all the transitions, we were able to serve thousands of nutritious meals every day, and bring back key nutrition education programming that had been paused by COVID.

This is all thanks to the tireless work of our Food Service staff in support of our mission. Running a school food authority like ours is a colossal endeavor. From local purchasing, to making over ten thousand meals per day in our production kitchen, to managing our own warehouse and transportation system, to cooking and serving the food, to creating and running nutrition education programming, there is always more work to be done. This is one of the best school food systems in the nation, and it works because the people in this department put in an extraordinary effort every day. It also works because this community remains committed to transforming school food, and providing our children with the resources to thrive. It's truly a privilege to serve as the Director of Food Services at BVSD.

## Healthy School Meals For All Program

As you may already know, breakfast and lunch will be free for all students beginning this year due to the passage of the Healthy School Meals for All Program by Colorado voters. Any school district that opts in (BVSD has opted in) can provide each student with breakfast and one lunch entree (including unlimited food from the salad bar, which has fresh fruits, veggies, and protein) for free every day next year and beyond. Second entrees and a la carte items can be purchased with student meal account funds

when available. We strongly encourage families to peruse this meal calendar and consider having your children eat BVSD breakfast and lunch next year. Every student deserves to eat high-quality meals during the school day, and we relish the opportunity to provide that service while saving time and money for BVSD families.

## Staffing Note

It is a struggle every year to fully staff our school kitchens, and we anticipate a significant increase in the number of students we will be feeding next year. If you or someone you know is interested in joining the team, please call Sarah Acker at 720-561-5049 or email her at [sarah.acker@bvsd.org](mailto:sarah.acker@bvsd.org) for more information. We have positions open at several schools, and hours that fit your schedule. Working in Food Services is a great option for folks with kids or grandkids in school in the district, and allows you to take part in the local food ecosystem. As a participant in the USDA's National School Lunch Program, BVSD is an equal opportunity provider and employer. Job Postings are available at [jobs.bvsd.org](https://jobs.bvsd.org).

## Free and Reduced Application

Even though meals will be free for all students next year, it is crucially important that you fill out the free and reduced application form for your child. This information helps the state of Colorado continue to sustainably fund the new lunch program, and is important for your specific school's funding as well. It also affects school fees and summer school.



## Student Meal Account Funds

On the last day of school in May 2023, we reset the MyPaymentsPlus automatic payment system. This means that if you had an automatic payment set up to go into your student's meal account, that is no longer happening. We did this because breakfast and lunch will be free next year, and many parents will no longer want to make automatic payments into the account. That said, second entrees can still be purchased next year when available, and you can go to the BVSD Meal Accounts Page to access your MyPaymentsPlus account and either restart automatic payments or make a one-time deposit. If you would like to donate the remaining balance on your student's meal account to the School Food Project to support healthy meals and nutrition education, please go to [https://www.bvsd.org/cf\\_forms/view.cfm?formID=90](https://www.bvsd.org/cf_forms/view.cfm?formID=90).





*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.*

# Premier Members and BVSD

## Welcome to the 2023-24 school year!

Premier Members Credit Union is thrilled to be the title sponsor of this calendar for the third consecutive year.

Premier Members Credit Union is the Boulder Valley School District's credit union. In 1959, our credit union was originally chartered as Boulder Valley Schools Credit Union, and continuing today, we stand as your credit union. We are proud of our longstanding partnership with the Boulder Valley School District.

Through the years, your credit union has invested both financially and

with talent – donating thousands of volunteer hours to partnering with BVSD in a variety of ways. We have nurtured partnerships with a number of ancillary organizations involved with BVSD including Impact on Education, Parent Engagement Network, Rise Against Suicide, I Have A Dream Boulder County, and The School Food Project.

We are also proud to sponsor several PTOs and clubs throughout the high schools. Premier Members was the sole sponsor for the district's annual

retirement dinner for over 20 years. The credit union is so committed to working with BVSD faculty, parents, and the next generations that "Premier Youth" is one of our six organizational pillars. Just in 2022, Premier Members employees provided 178 volunteer hours to BVSD-related activities. In addition, the credit union donated over \$135,000 to BVSD-related programs and events.

Improving the financial literacy of our youth and educating younger generations on how to prepare for the

financial independence is a staple of the Premier experience. That's why we're so excited to introduce Money 360, our new financial literacy program.

Check out the Premier Members ad for more info regarding Money 360 and download the app using the QR code (access code = BVSD).

We can also bring Money 360 to your school, classroom, or organization. Contact us at [student@pmcu.org](mailto:student@pmcu.org) to learn more about this effective financial literacy program and customized, classroom curriculum.





**IT'S NEVER  
TOO SOON TO LEARN**

# ABOUT MONEY.

*It's a matter of learning the hard way or the easy way – and way too many of us learn the hard way. Premier Members is here to make learning about money approachable AND fun – through Money 360.*

*Money 360 provides targeted financial literacy education using Zogo, a digital app, and Zogo Classroom, a web-based, custom-curated financial literacy curriculum. The program provides gamified, short financial literacy lessons with rewards-based incentives.*

*Download our app now – and take your financial literacy to the next level with Premier Members.*

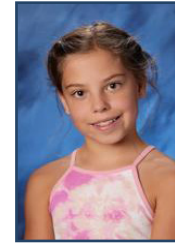


Access code = BVSD





August Harvests of the Month: Peaches and Summer Squashes



Artwork by:  
**Kayla Smeenk**  
Ryan Elementary  
School

Local farmer partner:  
**La Casita**



We're committed to helping you master the art of money management – through Money 360.

Download our app now.



**PMCU Financial Literacy Tip:** Creating and sticking to a budget can help you keep back-to-school purchases lower than the average cost of \$700. Download our Money 360 app now and become a budgeting pro.



# AUGUST

## LOCAL FEATURES



We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In August we will have local yellow summer squash, zucchini, and Palisade peaches. Our healthy dessert for the month will be peach crisp.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5



BOULDER VALLEY SCHOOL DISTRICT

6

7

8

9

10

11

12

13

14

15

16 Pepperoni<sup>ABF NNF</sup>  
Pizza  
Cheese Pizza

17 Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
Bean Nachos<sup>GF</sup> with  
Cheese Sauce

18 All-Beef Hot Dog<sup>ABF NNF GF</sup>  
with BBQ Baked Beans<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

19

20

21 Chicken Strips<sup>ABF</sup> with  
Dipping Sauce &  
Garlic Bread  
Macaroni & Cheese

22 Beef<sup>ABF GF</sup> Soft Tacos<sup>GF</sup>  
with Housemade  
Salsa<sup>GF</sup> & Brown Rice<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF</sup>  
with Tomato Soup<sup>GF</sup>

23 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>

24 Beef<sup>ABF</sup> & Sausage<sup>NNF</sup>  
Penne  
Fireside Broccoli Cheese  
Stuffed Potato<sup>GF</sup> w/ Biscuit

25 Crispy Chicken<sup>ABF</sup>  
Sandwich  
Cheese Pizza  
Pepperoni<sup>ABF NNF</sup> Pizza  
Summer Squash  
Gratin<sup>GF</sup>

26

27

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

28 Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
Fresh Peach Salsa<sup>GF</sup>

29 Oven Roast  
Chicken<sup>ABF GF</sup> with  
Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Plant Forward Bolognese<sup>GF</sup>  
with Garlic Bread

30 All-Beef Hot Dog<sup>ABF NNF GF</sup>  
with BBQ Baked Beans<sup>GF</sup>  
Vegan Tofu Chorizo  
Tacos<sup>GF</sup> with Radish Slaw<sup>GF</sup>  
Healthy Dessert: Peach Crisp<sup>GF</sup>

31 French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
and Berry Sauce<sup>GF</sup>  
Cheese Ravioli with Dinner  
Roll

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:  
**Jayde Johnson**  
Casey Middle School

Local farmer partner:  
**Royal Crest**



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Download our app now.



**PMCU Financial Literacy Tip:** Did you know that having no credit history can have similar effects as having a low credit score? That's why building your score at a young age can make the credit process easier.



# SEPTEMBER

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In September we will have local melons, apples, and cherry tomatoes.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

4

5

6

7

1

BBQ Pulled Pork<sup>GF</sup>  
Sandwich with Creamy  
Coleslaw<sup>GF</sup>  
Spaghetti Marinara and  
Cheese

2



BOULDER VALLEY SCHOOL DISTRICT

10

11

Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
Fresh Pico de Gallo<sup>GF</sup>

12

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

13

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>

14

Margherita  
Pizza  
Chili Relleno Burrito

15

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>

16

17

18

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>

19

Pork Tacos Al  
Pastor<sup>(GF Avail)</sup> with  
Pineapple Salsa<sup>GF</sup>  
Macaroni & Cheese

20

Legacy Ranch Hamburger<sup>ABF GF</sup>  
& Cheeseburger<sup>ABF GF</sup>  
& oven baked fries<sup>GF</sup>  
Veggie Chili Cheese  
Fries<sup>GF</sup> with Tortilla<sup>GF Avail</sup>  
Colorado Cherry Crumble<sup>GF</sup>

21

French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
Fireside Broccoli Cheese  
Stuffed Potato<sup>GF</sup> with  
Biscuit

22

Turkey & Cheddar  
Melt Sandwich<sup>(GF avail)</sup>  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>

23

24

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

25

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>

26

Spaghetti &  
Meatballs  
Green Chile & Cheese  
Tamales<sup>GF</sup> with Refried  
Beans<sup>GF</sup> and Brown Rice<sup>GF</sup>

27

All-Beef  
Hot Dog<sup>ABF NNF GF</sup> with  
BBQ Baked Beans<sup>GF</sup>  
Justin & Hosea's Veggie  
Enchiladas<sup>GF</sup>

28

Oven Fried  
Chicken<sup>ABF</sup> with a  
Biscuit  
Bean and Cheese Pupusa<sup>GF</sup>  
with Curtido<sup>GF</sup> and Brown  
Rice<sup>GF</sup>

29

BBQ Pulled Pork<sup>GF</sup>  
Sandwich with  
Creamy Coleslaw<sup>GF</sup>  
Pasta Alfredo

30

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:  
**Melanie Flores  
Hernandez**  
Centaurus High School

Local farmer partner:  
**Colorado Tortilla**



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of money  
management –  
through  
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**PMCU Financial Literacy Tip:** Most Americans can't afford a \$1,000 emergency expense. Download our Money 360 app now for ways to boost your savings and create a buffer between you and life.



# OCTOBER

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In October we will have local red bell peppers, cucumbers, and tamales from La Casita restaurant in Denver.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2 Chicken Strips<sup>ABF</sup> with  
Dipping Sauce & Garlic  
Bread  
Macaroni & Cheese

3 Beef<sup>ABF</sup> Soft Tacos<sup>(GF Avail)</sup> with Housemade  
Salsa  
Toasted Cheese Sandwich<sup>(GF Avail)</sup>  
with Tomato Soup<sup>GF</sup>

4 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>

5 Beef<sup>ABF</sup> & Sausage<sup>NNF</sup>  
Penne  
Fireside Broccoli Cheese  
Stuffed Potato<sup>GF</sup> with  
Biscuit

6 Crispy Chicken<sup>ABF</sup>  
Sandwich  
Cheese Pizza  
Pepperoni<sup>iABF NNF</sup> Pizza

7

8

9

PROFESSIONAL  
DEVELOPMENT DAY

10 Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
Bean Nachos<sup>GF</sup> with Cheese  
Sauce  
Charred Sweet Corn and  
Black Bean Salsa<sup>GF</sup>

11 All-Beef Hot Dog<sup>ABF</sup>  
<sup>NNF GF</sup> with BBQ Baked  
Beans<sup>GF</sup>  
Vegan Tofu Chorizo Tacos  
<sup>(GF avail)</sup> with Radish Slaw<sup>GF</sup>

12 French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

13 BBQ Pulled Pork<sup>GF</sup>  
Sandwich with  
Creamy Coleslaw<sup>GF</sup>  
Spaghetti Marinara &  
Cheese  
Ollin Farms Pepper  
Slaw<sup>GF</sup>

14



15

16 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>

17 Philly Cheese Steak  
Sandwich<sup>ABF</sup>  
Macaroni & Cheese

18 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

19 Plant Forward  
Nachos<sup>GF</sup> with Fresh  
Pico de Gallo<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

20 Meatball<sup>GF</sup> Sub  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
Healthy Dessert:  
Cinnamon Spiced Baked  
Apples<sup>GF</sup>

21

22

23 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>

24 General Tso's Chick-  
en Drumsticks<sup>ABF GF</sup>  
with Veggie Fried  
Rice<sup>GF</sup>  
Spaghetti Marinara &  
Cheese

25 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>

26 Roasted Green  
Chili & Housemade  
Chicken Chorizo<sup>ABF</sup> Pizza  
Chili Relleno Burrito

27 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>

28

29

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menu updates and more  
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30 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>

31 Pork Tacos Al Pastor  
<sup>(GF avail)</sup> with Pineapple  
Salsa<sup>GF</sup>  
Macaroni & Cheese

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:  
**Elise Earhart**  
Superior Elementary

Local farmer partner:  
**Old Style Sausage**



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of money  
management –  
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app now.



**BOULDER VALLEY**  
SCHOOL DISTRICT



**PMCU Financial Literacy Tip:** Did you know that nearly 10% of U.S. households hold international equity? Research shows that American global equity has been on the rise since 2008.



# NOVEMBER

## LOCAL FEATURES



We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In November we will have local cauliflower, broccoli, and carrots. Our healthy dessert for the month will be carrot cake!

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> Veggie Chili Cheese Fries <sup>GF</sup> w/ Tortilla <sup>GF Avail</sup>	<b>2</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>3</b> Turkey & Cheddar Melt <sup>(GF avail)</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Garlic Smashed Cauliflower <sup>GF</sup>	<b>4</b> <b>SCHOOL FOOD PROJECT</b> <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>5</b>	<b>6</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Roasted Green Chili Salsa <sup>GF</sup>	<b>7</b> Spaghetti & Meatballs <sup>GF</sup> Green Chile & Cheese Tamales <sup>GF</sup> with Refried Beans <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>8</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>9</b> Oven Fried Chicken <sup>ABF</sup> with a Biscuit Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup>	<b>10</b>	<b>11</b>
DAYLIGHT SAVINGS TIME ENDS					VETERANS' DAY	
<b>12</b>	<b>13</b> Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni & Cheese	<b>14</b> Beef <sup>ABF</sup> Soft Tacos <sup>(GF Avail)</sup> with Housemade Salsa Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup>	<b>15</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>	<b>16</b> Beef <sup>ABF</sup> & Sausage <sup>NNF</sup> Penne Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	<b>17</b> Crispy Chicken <sup>ABF</sup> Sandwich Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Healthy Dessert: Carrot Cake	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
THANKSGIVING BREAK						
<b>26</b>  Find allergen information, menu updates and more at <a href="http://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 Salsa Verde <sup>GF</sup>	<b>28</b> French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Cheese Ravioli with Dinner Roll	<b>29</b> All Beef Hot Dog <sup>ABF NNF GF</sup> w/ BBQ Baked Beans <sup>GF</sup> Vegan Tofu Chorizo Tacos <sup>GF Avail</sup> with Radish Slaw <sup>GF</sup>	<b>30</b> Oven Roast Chicken <sup>ABF GF</sup> with Mashed Potatoes <sup>GF</sup> , Gravy & Biscuit Plant Forward Bolognese <sup>GF</sup> 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.



December Harvests of the Month: Fall Radishes and Beets



Artwork by:  
**Alana Carl**  
Nevin Platt Middle  
School

Local farmer partner:  
**Rocky Mountain Spice Company**



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through  
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**PMCU Financial Literacy Tip:** What if we told you budgeting actually gives you more freedom? By learning the foundations of how, why, and where to budget, you can more easily manage your spending.



# DECEMBER

## LOCAL FEATURES

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In December we will have local delicata squash, tortillas, and beets.



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

4 Oven Roast  
Chicken<sup>ABF GF</sup> with  
Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Toasted Cheese Sandwich  
(GF Avail) with Tomato Soup<sup>GF</sup>

5 Philly Cheese Steak  
Sandwich<sup>ABF</sup>  
Macaroni & Cheese

6 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

7 Plant-Forward Nachos<sup>GF</sup>  
with Cheese Sauce and  
Fresh Pico de Gallo<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

1 BBQ Pulled Pork<sup>GF</sup>  
Sandwich with Creamy  
Coleslaw<sup>GF</sup>  
Spaghetti Marinara &  
Cheese  
 Roasted Delicata  
Squash<sup>GF</sup>

2



BOULDER VALLEY SCHOOL DISTRICT

10

11 Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
 Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
 Salsa Verde<sup>GF</sup>

12 General Tso's Chicken  
Drumsticks<sup>ABF GF</sup> with  
Veggie Fried Rice<sup>GF</sup>  
Spaghetti Marinara &  
Cheese

13 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>  
Healthy Dessert: Red  
Velvet Beet Brownies

14 White Alfredo  
Pizza with Italian  
Sausage, Caramelized On-  
ions and Sundried Tomatoes  
Chili Relleno Burrito

15 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>

16

17

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

18 Chicken Strips<sup>ABF</sup> with  
Dipping Sauce &  
Garlic Bread  
 Plant Forward Nachos<sup>GF</sup>  
with Fresh Pico de Gallo<sup>GF</sup>

19 Pork Tacos Al Pastor  
(GF avail) with  
Pineapple Salsa<sup>GF</sup>  
Macaroni & Cheese

20 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>

21 French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
 Fireside Broccoli  
Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

22 Turkey & Cheddar  
Melt<sup>(GF avail)</sup>  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>

23

24

25

26

27

28

29

30

31

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:  
**Ellis Johnston**  
Centaurus High School

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



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**BOULDER VALLEY**  
SCHOOL DISTRICT



**PREMIER  
MEMBERS**  
CREDIT UNION

**PMCU Financial Literacy Tip:** Make 2024 the year you take charge of your finances by developing SMART goals. Stay motivated by downloading our Money 360 app – and have fun earning pineapples!



# JANUARY

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In January we will have local turnips, red cabbage, and potatoes.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

WINTER BREAK

7

8

PROFESSIONAL  
DEVELOPMENT DAY

9 Beef Nachos<sup>ABF GF</sup> with  
Cheese Sauce  
 Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
 Fire Roasted Tomato  
Salsa<sup>GF</sup>

10 All-Beef Hot Dog<sup>ABF</sup>  
<sup>NNF GF</sup> with BBQ Baked  
Beans<sup>GF</sup>  
 Justin & Hosea's Veggie  
Enchiladas<sup>GF</sup>

11 Oven Fried Chicken<sup>ABF</sup>  
w/ a Biscuit  
 Bean and Cheese Pupusa<sup>GF</sup>  
with Curtido<sup>GF</sup> and Brown  
Rice<sup>GF</sup>

12 BBQ Pulled Pork<sup>GF</sup>  
Sandwich with  
Creamy Coleslaw  
Pasta Alfredo

13



BOULDER VALLEY SCHOOL DISTRICT

14

15

MARTIN LUTHER KING, JR. DAY

16 Chicken Strips<sup>ABF</sup>  
with Dipping Sauce  
& Garlic Bread  
 Macaroni & Cheese

17 Hamburger<sup>ABF GF</sup> or  
Cheeseburger<sup>ABF GF</sup> w/  
Oven Baked Fries<sup>GF</sup>  
 Falafel & Hummus<sup>GF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

18 Beef<sup>ABF GF</sup> Soft Tacos<sup>GF</sup>  
<sup>avail</sup> with Housemade  
Salsa<sup>GF</sup> & Brown Rice<sup>GF</sup>  
 Toasted Cheese Sandwich  
(GF Avail) with Tomato Soup<sup>GF</sup>

19 Crispy Chicken<sup>ABF</sup>  
Sandwich  
 Cheese Pizza  
 Pepperoni<sup>ABF NNF</sup> Pizza  
Healthy Dessert:  
Warm Caramel Applesauce

20

21

22 Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
 Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
 Fire-Roasted Tomato  
Salsa<sup>GF</sup>

23 Oven Roast Chicken-  
<sup>ABF GF</sup> with Jones  
 Purple Mashed Pota-  
toes<sup>GF</sup>, Gravy & Biscuit  
 Plant-Forward Bologne-  
se<sup>GF</sup> w/ Garlic Bread

24 All-Beef Hot Dog<sup>ABF NNF GF</sup>  
with BBQ Baked Beans<sup>GF</sup>  
 Tofu Chorizo Tacos<sup>GF Avail</sup>  
with Radish Slaw<sup>GF</sup>

25 French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
 Cheese Ravioli with  
Dinner Roll

26 BBQ Pulled Pork<sup>GF</sup>  
Sandwich with  
Creamy Coleslaw  
 Spaghetti Marinara & Cheese

27

28

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

29 Oven Roast Chick-  
<sup>ABF GF</sup> w/ Gravy &  
Biscuit with  
 Jones Farms Purple  
Mashed Potatoes<sup>GF</sup>  
 Toasted Cheese Sandwich  
(GF Avail) with Tomato Soup<sup>GF</sup>

30 Philly Cheese Steak  
Sandwich<sup>ABF</sup>  
 Macaroni & Cheese

31 Hamburger<sup>ABF GF</sup> or  
Cheeseburger<sup>ABF GF</sup>  
w/ Oven Baked Fries<sup>GF</sup>  
 Chickpea Masala<sup>GF</sup>  
with Flatbread

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.





Artwork by:  
**Ronan Mcgrath**  
Columbine  
Elementary School

Local farmer partner:  
**Legacy Meats**



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**BOULDER VALLEY**  
SCHOOL DISTRICT



# FEBRUARY

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In February we will have local gluten-free bread from Canyon Bakehouse, sunflower oil, and hamburgers.

SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1 Plant-Forward Nachos <sup>GF</sup> with Cheese Sauce and Fresh Pico de Gallo <sup>GF</sup> Cheese Ravioli with Dinner Roll	2 Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	3  BOULDER VALLEY SCHOOL DISTRICT
4	5 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Tomatillo Salsa <sup>GF</sup>	6 General Tso's Chicken Drumsticks <sup>ABF GF</sup> with Veggie Fried Rice <sup>GF</sup> Spaghetti Marinara & Cheese	7 All-Beef Hot Dog <sup>ABF NNF GF</sup> with 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>	8  Roasted Tomatillo with Shredded Chicken and Cilantro Pizza Chili Relleno Burrito	9 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>	10
11	12 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>	13 Pork Tacos Al Pastor <sup>(GF Avail)</sup> with Pineapple Salsa <sup>GF</sup> Macaroni & Cheese	14 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>	15 French Toast Casserole with Turkey Sausage <sup>GF</sup> & Berry Sauce <sup>GF</sup> Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit	16 Turkey and Cheddar Melt <sup>(GF Avail)</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	17
18	19	20 PROFESSIONAL DEVELOPMENT DAY	21 Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Tomatillo Salsa <sup>GF</sup>	22 All-Beef Hot Dog <sup>ABF NNF GF</sup> with BBQ Baked Beans <sup>GF</sup> Justin & Hosea's Veggie Enchiladas <sup>GF</sup>	23 Oven Fried Chicken <sup>ABF</sup> with Sweet Potato Mash <sup>GF</sup> and a Biscuit Bean and Cheese Pupusa <sup>GF</sup> with Curtido <sup>GF</sup> and Brown Rice <sup>GF</sup>	24
25 Find allergen information, menu updates and more at <a href="http://bvsd.org/food">bvsd.org/food</a>	26 Chicken Strips <sup>ABF</sup> with Dipping Sauce & Garlic Bread Macaroni and Cheese	27 Beef <sup>ABF GF</sup> Soft Tacos <sup>(GF Avail)</sup> with Housemade Salsa Toasted Cheese Sandwich <sup>(GF Avail)</sup> with Tomato Soup <sup>GF</sup>	28 Hamburger <sup>ABF GF</sup> or Cheeseburger <sup>ABF GF</sup> w/ Oven Baked Fries <sup>GF</sup> Falafel & Hummus <sup>GF</sup> on Flatbread with Creamy Cucumbers <sup>GF</sup>	29 Beef <sup>ABF</sup> & Sausage <sup>NNF</sup> Penne Fireside Broccoli Cheese Stuffed Potato <sup>GF</sup> with Biscuit Healthy Dessert: "Leaping" Lemon Panna Cotta <sup>GF</sup> with Berry Sauce <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.

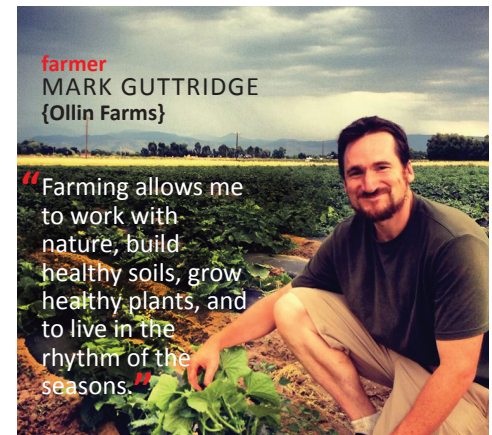


March Harvests of the Month: Beans and Legumes



Artwork by:  
**Bode Rogers**  
Centennial Middle  
School

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.”



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# MARCH

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In March we will have local flour, pinto beans, and ground beef.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3

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

5 Oven Roast Chicken<sup>ABF GF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
 Plant-Forward  
Bolognese<sup>GF</sup> with  
Garlic Bread

6 All Beef Hot  
Dog<sup>ABF NNF GF</sup> with  
BBQ Baked Beans<sup>GF</sup>  
 Vegan Tofu Chorizo  
Tacos<sup>(GF avail)</sup> with Radish  
Slaw<sup>GF</sup>

7 French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

1 Crispy Chicken<sup>ABF</sup>  
Sandwich  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
 Cheesy Scalloped  
Potatoes<sup>GF</sup>

2



BOULDER VALLEY SCHOOL DISTRICT

10

11 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>

12 Philly Cheese Steak  
Sandwich<sup>ABF</sup>  
Macaroni & Cheese

13 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

14 Plant-Forward  
Nachos<sup>GF</sup> with Cheese  
Sauce and Fresh Pico  
de Gallo<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

15 Meatball Sub<sup>GF</sup>  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
Healthy Dessert: Rice  
Pudding with Strawberry  
Sauce

16

17

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

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

19 General Tso's Chicken  
Drumsticks<sup>ABF GF</sup> with  
Veggie Fried Rice<sup>GF</sup>  
Spaghetti Marinara &  
Cheese

20 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> w/  
Flatbread & Spinach  
Cilantro Chutney<sup>GF</sup>

21 Taco Pizza with  
Local Legacy  
Ranch Ground Beef  
and Fresh Pico de Gallo  
Chili Relleno Burrito

22 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>

23

24

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31

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:  
**Michael Terada**  
Escuela Bilingüe  
Pioneer Elementary

Local farmer partner:  
**Hoffman Farms**



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SCHOOL DISTRICT

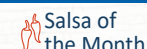


**PMCU Financial Literacy Tip:** April is Financial Literacy Month. According to recent data, people with higher financial literacy are more likely to invest in the stock market – a must if you want to retire.



# APRIL

## LOCAL FEATURES



We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In April we will have local chicken, cottage cheese, and flour.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1** 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>

**2** Pork Tacos Al Pastor  
(GF avail) with Pineapple  
Salsa<sup>GF</sup>  
Macaroni & Cheese

**3** 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 (GF Avail)

**4** French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
Fireside Broccoli Cheese  
Stuffed Potato<sup>GF</sup> with  
Biscuit

**5** Turkey and Cheddar  
Melt (GF Avail)  
Cheese Pizza  
Pepperoni Pizza<sup>ABF NNF</sup>  
 Spinach Cranberry Feta  
Salad<sup>GF</sup>

**6**

**7**

**8** Beef Nachos<sup>ABF GF</sup> with  
Cheese Sauce  
Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
 Chipotle Salsa<sup>GF</sup>

**9** Spaghetti &  
Meatballs<sup>GF</sup>  
Green Chile & Cheese  
Tamales<sup>GF</sup> with  
Refried Beans<sup>GF</sup> and Brown  
Rice<sup>GF</sup>

**10** All-Beef  
Hot Dog<sup>ABF NNF GF</sup> with  
BBQ Baked Beans<sup>GF</sup>  
 Justin & Hosea's  
Veggie Enchiladas<sup>GF</sup>

**11** Oven Fried  
Chicken<sup>ABF</sup> with a  
Biscuit  
 Bean and Cheese  
Pupusa<sup>GF</sup> with Curtido<sup>GF</sup>

**12** BBQ Pulled Pork<sup>ABF</sup>  
Sandwich with  
Creamy Coleslaw  
Pasta Alfredo

**13**



**14**

**15** Chicken Strips<sup>ABF</sup> with  
Dipping Sauce &  
Garlic Bread  
Macaroni and Cheese

**16** Beef ABF Soft  
Tacos (GF avail) with  
Housemade Salsa<sup>GF</sup>  
Toasted Cheese Sandwich<sup>(GF Avail)</sup>  
with Tomato Soup<sup>GF</sup>

**17** 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>

**18** Crispy Chicken<sup>ABF</sup>  
Sandwich  
Cheese Pizza  
Pepperoni<sup>ABF NNF</sup> Pizza

**19**

CONFERENCE  
EXCHANGE DAY

**20**

**21**

**22**

CONFERENCE  
EXCHANGE DAY

**23** Beef Nachos<sup>ABF GF</sup>  
with Cheese Sauce  
 Bean Nachos<sup>GF</sup> with  
Cheese Sauce  
 Chipotle Salsa<sup>GF</sup>

**24** All Beef Hot  
Dog<sup>ABF NNF GF</sup> with  
BBQ Baked Beans<sup>GF</sup>  
 Vegan Tofu Chorizo  
Tacos<sup>GF Avail</sup> with Radish  
Slaw<sup>GF</sup>

**25** French Toast Casserole  
with Turkey Sausage<sup>GF</sup>  
& Berry Sauce<sup>GF</sup>  
Cheese Ravioli with  
Dinner Roll

**26** BBQ Pulled Pork<sup>GF</sup>  
Sandwich with Coleslaw  
Spaghetti Marinara & Cheese  
Banana Pudding<sup>GF</sup> with  
Housemade Vanilla Wafers

**27**

**28**

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

**29** Oven Roast  
Chicken<sup>ABF GF</sup> with  
Mashed Potatoes<sup>GF</sup>, Gravy  
& Biscuit  
Toasted Cheese Sandwich  
(GF Avail) with Tomato Soup<sup>GF</sup>

**30** Philly Cheese Steak  
Sandwich<sup>ABF</sup>  
Macaroni & Cheese

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:  
**Mauricio Melnikov**  
Centaurus  
High School

Local farmer partner:  
**Kilt Farm**



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**BOULDER VALLEY**  
SCHOOL DISTRICT



**PREMIER  
MEMBERS**  
CREDIT UNION

**PMCU Financial Literacy Tip:** 77% of Americans report they face financial anxiety. This Mental Health Awareness Month, see how financial education can help you create a healthier relationship with money management.



# MAY

## LOCAL FEATURES



Harvest of the  
Month Menu item



Salsa of  
the Month



Plant  
Forward

We procure and serve a wide variety of local food at BVSD. Each month we like to highlight a few of the local items that will appear on our menu. In May we will have local milk, spring radishes, and lettuce planted and harvested by students from BVSD school gardens!

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	<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	<b>3</b> Meatball <sup>GF</sup> Sub Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup>	<b>4</b> SCHOOL FOOD PROJECT <small>BOULDER VALLEY SCHOOL DISTRICT</small>
<b>5</b>	<b>6</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce Strawberry Salsa <sup>GF</sup>	<b>7</b> General Tso's Chicken Drumsticks <sup>ABF GF</sup> with Veggie Fried Rice <sup>GF</sup> Spaghetti Marinara & Cheese	<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> over Brown Rice <sup>GF</sup> w/ Flatbread & Spinach Cilantro Chutney <sup>GF</sup> Healthy Dessert: Strawberry Rhubarb Crisp	<b>9</b> Spring Veggie Pizza Chili Relleno Burrito	<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>	<b>11</b>
<b>12</b>  MOTHER'S DAY	<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>	<b>14</b> Pork Tacos Al Pastor <sup>(GF avail)</sup> with Pineapple Salsa <sup>GF</sup> Macaroni & Cheese	<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>	<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> Turkey and Cheddar Melt <sup>(GF avail)</sup> Cheese Pizza Pepperoni Pizza <sup>ABF NNF</sup> Crispy Korean Pickled Radishes <sup>GF</sup>	<b>18</b>
<b>19</b>  Find allergen information, menu updates and more at <a href="https://bvsd.org/food">bvsd.org/food</a>	<b>20</b> Beef Nachos <sup>ABF GF</sup> with Cheese Sauce Bean Nachos <sup>GF</sup> with Cheese Sauce	<b>21</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>22</b> Chef's Choice	<b>23</b> Chef's Choice  LAST DAY OF SCHOOL	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>  MEMORIAL DAY	<b>28</b>	<b>29</b>	<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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BOULDER VALLEY SCHOOL DISTRICT

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For recipes, upcoming events and more, visit [bvsd.org/food](http://bvsd.org/food)

FATHER'S DAY

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**PMCU Financial Literacy Tip:** June is National Homeownership Month. Give yourself a head-start on the buying process by getting pre-approved, building a down payment, and finding an experienced real estate agent.



# JULY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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INDEPENDENCE DAY

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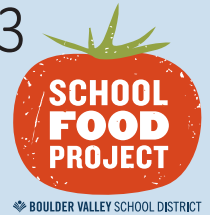
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Find allergen information,  
menu updates and more  
at [bvsd.org/food](https://bvsd.org/food)

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**PMCU Financial Literacy Tip:** Overspending on vacation can leave you with a mountain of credit card debt for the rest of the year. Download our Money 360 app and learn how to set a realistic budget for your trip.





COVER ART PROVIDED BY:

**Keirra Kernan**

Monarch 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 [Carolyn.Villa@bvsvd.org](mailto:Carolyn.Villa@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).