



2024-25 BOULDER VALLEY SCHOOL DISTRICT SECONDARY SCHOOL MENU

Alexandra Vorontsova | 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 nutritional 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. 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 Chef Carolyn: Carolyn.Villa@bvsvd.org.

Scan to view the Allergen & Nutrition page on our website:



 BOULDER VALLEY SCHOOL DISTRICT

Look for these new menu items inside!



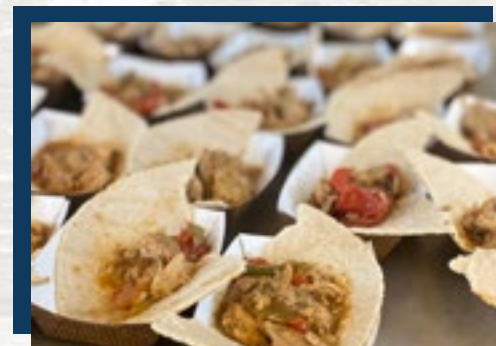
Pho Ga (Vietnamese Chicken Soup)



Thai Red Curry Chicken & Vegetables



Teriyaki Chicken & Vegetables with Rice



Chicken Fajita Tacos

DID YOU KNOW...



BVSD SCHOOL FOOD IS THE GOLD STANDARD IN THE NATION! AND HERE'S WHY:

1

WHOLE & NUTRITIOUS

This isn't the school food you had as a kid--no frozen nuggets in sight! We know kids do their best when they are fueled with nutritious food, so we only use whole, fresh ingredients in our recipes, and every student has unlimited access to our full salad bar.

2

MADE FROM SCRATCH

Our team of trained chefs and cooks prepares **15,000 school meals every day** at our state-of-the-art Culinary Center. Our drivers deliver fresh food to schools daily.

3

LOCALLY-SOURCED

We purchase food and milk from over 30 regional partners and lead the nation in K-12 local food purchasing. When your child eats school food in BVSD, you're **supporting dozens of local farmers, ranchers and small businesses.**

4

FULL OF VARIETY

We offer daily **gluten-free, dairy-free, and vegetarian options**, and are continually expanding the menu to include dishes from a variety of cuisines and culinary traditions.

5

PRESERVATIVE-FREE

We never serve students highly-processed foods, which means **no high fructose corn syrup, added trans-fats, and no added colorings or preservatives.** Our fresh beef and chicken are local and **free of hormones and antibiotics.**

6

DELICIOUS!

You can't please everyone all the time, but we have **a lot of happy customers. Come try BVSD food for yourself!** We invite you to join your student for school lunch any time and see what the fuss is about. (Guest meals can be purchased for \$5.50)

7 FREE

Every BVSD student is entitled to **one free serving of breakfast and lunch daily!** Seconds can be purchased with student meal account funds.

A Letter from Food Services Director, Carolyn Villa

Welcome Back, BVSD Families!

We have a lot of exciting news to share from BVSD Food Services for the 2024-2025 school year. Our chefs have been working hard to update our menu to better accommodate the diverse needs and tastes of our student population. What hasn't changed is our commitment to serving nutritious meals that support the overall health and performance of our students. Read on to learn what is new this year!

Meals Remain Free for Students

Thanks to Colorado voters, meals continue to be free for BVSD students! Each student is entitled to a free breakfast and lunch every day!

Daily Dairy-Free Options: A Milestone Achievement

We are particularly proud to announce that, for the first time, we will offer a dairy-free hot meal option every day, and have marked these options with 'DF' on the calendar menu. This is a significant step in our mission to be inclusive and responsive to the varied needs of our student body. Dairy-free options are essential for many reasons including allergies and lactose intolerance, which research shows disproportionately affects people of color. Making this change is a significant step towards our goal of food equity, ensuring more and more students have access to nutritious meals.

Daily Gluten-Free Options

Our salad bars are always gluten free, but we are pleased to offer, for the first time, a hot gluten-free option for lunch each day. We understand that dietary restrictions can be challenging, and we are dedicated to ensuring that all students have access to delicious, nutritious meals. We added some new gluten-free options this year that are nutritious and tasty, making lunchtime enjoyable for more students.

Several Tasty New Menu Items

This year, we are introducing several new dishes we are confident students will love. Look forward to trying Chicken Fajita Tacos, Vegan Tamales, and our Iron Chef-winning dish Red Lentil Dal. There are even more new items and updates to familiar dishes on the menu—take a closer look as you flip through!



More Local Products

Sourcing locally is a top priority for BVSD. We are very dedicated to supporting the local economy and farmers while decreasing our carbon footprint. While we already lead the nation in local purchasing, our search for more locally sourced ingredients never stops. This year, after a decade of searching, we've formed an exciting partnership with an amazing local bakery willing to design products just for us. Try out the new buns on hamburger day and let us know what you think!

New Teaching Kitchen

We are also thrilled to announce that construction will be completed on the teaching kitchen in our Culinary Center. This state-of-the-art facility will allow students to take ProStart Culinary classes through Boulder TEC, providing them with valuable culinary skills and experience that can lead to exciting career opportunities. The teaching kitchen has been a part of our vision for many years, and we're eager to finally see it filled with students!

Opportunities to Support Our Program

The best way to support BVSD Food Services is by having your children enjoy the nutritious meals we offer. High student participation in school meals provides additional funding, expands our mission of feeding more kids, and enables us to make sure all kids get the best quality food possible.

Another fantastic way to support our program is by joining our team! We are always hiring folks who are passionate about making a difference in students' lives and the local food economy. Read employee testimonials each month in the calendar to learn from our staff about the rewarding experiences of working in our kitchens. Whether you're looking for full-time work, a part-time role, or want to substitute at your kids' school, we welcome your help!

Free and Reduced Meal Applications

Even though meals are free, it is still very important that families complete the free and reduced meal application, as it waives and reduces fees district-wide for families, can impact transportation for some families, and impacts important funding for individual schools. Visit food.bvsd.org/meals-nutrition/free-reduced-meals for information on applying for free or reduced meals or contact your school directly.

We love and take seriously the work of serving your children healthy and delicious meals throughout the school year. If you have any questions about BVSD food services, please do not hesitate to reach out to our team. Thank you for your continued support.

Chef Carolyn

Director of Food Services
Boulder Valley School District

We appreciate your Kindness!
I think you make the Best
Food.



Thank you for
your food!



Thank you so much for inviting us for
the field trip! It was so much fun!
I loved it!



THANK YOU, BVSD STUDENTS...



**FOR ALL OF YOUR
BEAUTIFUL THANK YOUS!**



Thank You Bvsd Food Service
So much! I am spread you
work hard. Thank you so much
for all food.





August Harvests of the Month: Peaches and Summer Squashes



Artwork by:
Agnes Benson
 Birch Elementary
 School
*"If I invented a new
 vegetable I would name
 it schmlerp."*

Local partner:
Harvest Moon Bakery



"I love that we
 support our local
 farmers. Their work
 is so important, and
 feeding our kids
 locally grown food
 is incredible."
 —Susan Renforth,
 Kitchen Satellite
 Lead, Coal Creek
 Elementary





Apply today!



BOULDER VALLEY SCHOOL DISTRICT

AUGUST

LOCAL FEATURES

Look for  ratatouille,  fresh peach salsa and our healthy dessert: peach crisp! Our salad bars feature quinoa tabouli, local cherry tomatoes, zucchini, summer squash, cucumbers, and Western Slope peaches.



Harvest of the Month Menu Item



Salsa of the Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



BOULDER VALLEY SCHOOL DISTRICT

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

1

2

3

4

5

6

7

8

9

10

11

12

**For layout and fit purposes,
please note calendar weeks
begin on Mondays.**

13

14

Pepperoni Pizza
Cheese Pizza
Vegan Corn & Green Chile
Tamales^{GF DF} with Refried
Beans^{GF DF} & Rice^{GF DF}

15

Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Palisade Peach Salsa^{GF DF}

16

All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic
Breadstick

17

18

19 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

20 Chicken Strips^{DF} with
Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on
Flatbread with Creamy
Cucumbers^{GF}
Pho Ga (Vietnamese Chicken
Soup)^{DF}

21 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

22 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Pork Green Chile Bowl^{GF DF} with
Pico de Gallo^{GF DF} over Rice^{GF DF}

23 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Pizza
 Ratatouille^{GF DF}
Pepperoni Pizza

24

25

26 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Palisade Peach Salsa^{GF DF}

27 Teriyaki Chicken^{GF DF} &
Vegetables^{GF DF} with Rice^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
Beef Barbacoa Quesadilla with
Pico de Gallo^{GF DF}

28 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic
Breadstick
Healthy Dessert: Peach Crisp^{GF}

29 French Toast Casserole
with Turkey Sausage^{GF DF}
and Berry Sauce^{GF DF}
Plant Forward Bolognese^{GF DF}
with Garlic Breadstick
Nashville Hot Chicken Sandwich^{DF}

30 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese
Tamales^{GF} or Vegan Corn &
Green Chile Tamales^{GF DF} with
Refried Beans^{GF DF} & Rice^{GF DF}

31

1

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with ^{GF} and ^{GF avail}; dairy-free choices denoted with ^{DF} and ^{DF avail}. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are free of added nitrates and nitrites. Menu subject to change.



September Harvests of the Month: Tomatoes and Corn



Artwork by:
Lucia McGetrick
 Monarch High School
"My favorite school food is Falafel and hummus on flatbread because it's a great vegetarian option."

Local partner:
Colorado Native Foods






"Our work is meaningful and we have fun while we are doing it."
 —Aitor Lopez,
 Culinary Center
 Production
 Assistant



Apply today!

SEPTEMBER

LOCAL FEATURES

Look for  Ollin Farms pepper slaw,  Harvest of the Month Menu Item  Salsa of the Month
dessert: chocolate avocado pudding! Our salad bars feature broccoli & wild rice salad, local cherry tomatoes, multi-colored carrots, cucumbers, cantaloupe, and watermelon.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

2

LABOR DAY

3 Beef Soft Tacos^{GF avail} with Housemade Salsa^{GF DF} & Rice^{GF DF}
Chile Relleno Burrito with Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

4 Hamburger^{GF avail} or Cheeseburger^{GF avail} with Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic Breadstick
SFP Secret Sauce^{GF DF}

5 Chicken^{DF} & Waffles with Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel Sandwich

6 Meatball Sub^{GF avail} Cheese Pizza
Pepperoni Pizza

7

8

9 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^G
Charred Sweet Corn & Black Bean Salsa^{GF DF}

10 BBQ Pulled Pork^{GF DF} Sandwich^{GF avail} with Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic Breadstick
Beef & Sausage Penne with Garlic Breadstick
Ollin Farms Pepper Slaw^{GF}

11 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF}
with Flatbread & Spinach
Cilantro Chutney^{GF DF}

12 French Toast Casserole with Turkey Sausage^{GF DF} & Berry Sauce^{GF DF}
Iron Chef Winning L&J Red Lentil Dal^{GF DF} over Rice^{GF DF}
Nashville Hot Chicken Sandwich^{DF}

13 HOTM Pizza Margherita
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza

14

15

16 Spaghetti^{DF} & Meatballs^{GF DF} with Mozzarella Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail} with Tomato Bisque^{GF DF}

17 Oven Roast Chicken^{GF DF} with Mashed Potatoes^{GF}, Gravy & Biscuit
Macaroni & Cheese with Garlic Breadstick
Italian Sausage Hoagie^{GF avail} with Roasted Red Peppers^{GF DF} & Provolone^{GF}

18 Hamburger^{GF avail} or Cheeseburger^{GF avail} with Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

19 Chicken Strips^{DF} with Biscuit
Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} & Vegetables^{GF DF} over Rice^{GF DF}

20 Shredded Chicken Banh Mi^{GF avail} with Pickled Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
SFP Secret Sauce^{GF DF}
Healthy Dessert: Chocolate Avocado Pudding^{GF DF}

21

22

23 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Charred Sweet Corn and Black Bean Salsa^{GF DF}

24 Beef & Sausage Penne with Garlic Breadstick
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}
Choice Chefs Inspired Korean Bulgogi Beef Tacos^{GF avail} with Cucumber Pico^{GF DF} & Rice^{GF DF}

25 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF DF}

26 Oven Fried Chicken^{DF} with Biscuit
Tofu Chorizo Tacos^{GF avail} with Radish Slaw^{GF DF} & Rice^{GF DF}
Pork Tacos Al Pastor^{GF avail} with Pineapple Salsa^{GF DF} & Rice^{GF DF}

27 Chicken Fajita Tacos^{GF avail} & Rice^{GF DF}
Pasta Alfredo with Garlic Breadstick

28

29

30

PROFESSIONAL DEVELOPMENT DAY



BOULDER VALLEY SCHOOL DISTRICT

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

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October Harvests of the Month: Bell Peppers and Apples



Artwork by:
Lennox Rhodes
Bear Creek
Elementary School
*"If I could grow any
fruit overnight I would
pick a peach."*

Local partner:
Hoffman Farms



"BVSD allows
you to grow your
career. You feel
supported and
respected while
performing your
job."
—Akanksha Pandey,
Food Services
Assistant, Louisville
Elementary



Apply today!



BOULDER VALLEY SCHOOL DISTRICT

OCTOBER

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for 🌱 Three Sisters salad, 🌱 Jones Farms oven roasted potatoes, 🌱 fresh pico de gallo and our healthy dessert: warm caramel applesauce! Our salad bars feature Mediterranean brown rice salad, cherry tomatoes, sweet bell peppers, cucumbers, and Western Slope apples.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1 Chicken Strips^{DF} with Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on Flatbread with Creamy Cucumbers^{GF}
Pho Ga (Vietnamese Chicken Soup)^{DF}

2 Hamburger^{GF avail} or Cheeseburger^{GF avail}
Chile Relleno Burrito with Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}
🌱 Jones Farms Roast Potatoes^{GF DF}
🌱 Three Sisters Salad^{GF DF}

COLORADO PROUD DAY

3 Oven Roast Chicken^{GF DF} with Mashed Potatoes^{GF}, Gravy & Biscuit
Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit
Pork Green Chile Bowl^{GF DF} with Pico de Gallo^{GF DF} over Rice^{GF DF}

4 BBQ Pulled Pork^{GF DF} Sandwich^{GF avail} with Creamy Coleslaw^{GF DF}
Cheese Pizza
Pepperoni Pizza

5 **6**

7 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
🌱 Fresh Pico de Gallo^{GF DF}

8 Teriyaki Chicken^{GF DF} & Vegetables^{GF DF} with Rice^{GF DF}
Macaroni & Cheese with Garlic Breadstick
Beef Barbacoa Quesadilla with Fresh Pico de Gallo^{GF DF}

9 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic Breadstick

10 French Toast Casserole with Turkey Sausage^{GF DF} & Berry Sauce^{GF DF}
Plant Forward Bolognese^{GF DF} with Garlic Breadstick
Nashville Hot Chicken Sandwich^{DF}

11 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}

12 **13**

14

INDIGENOUS PEOPLES' DAY

15 Beef Soft Tacos^{GF avail} with Housemade Salsa^{GF avail} & Rice^{GF DF}
Chile Relleno Burrito with Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

16 Hamburger^{GF avail} or Cheeseburger^{GF avail} with Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic Breadstick
SFP Secret Sauce^{GF DF}

17 Chicken^{DF} & Waffles with Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel Sandwich

18 Meatball Sub^{GF avail} with Cheese Pizza
Pepperoni Pizza
Healthy Dessert: Warm Caramel Applesauce^{GF}

19 **20**

21 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
🌱 Fresh Pico de Gallo^{GF DF}

22 BBQ Pulled Pork^{GF DF} Sandwich^{GF avail} with Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic Breadstick
Beef & Sausage Penne with Garlic Breadstick

23 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF} with Flatbread & Spinach
Cilantro Chutney^{GF DF}

24 French Toast Casserole with Turkey Sausage^{GF DF} & Berry Sauce^{GF DF}
Iron Chef Winning L&J Red Lentil Dal^{GF DF} over Rice^{GF DF}
Nashville Hot Chicken Sandwich^{DF}

25 HOTM Pizza: Roasted Green Chile & Housemade Chicken Chorizo
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza

26 **27**

28 Spaghetti^{DF} & Meatballs^{GF DF} with Mozzarella Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail} with Tomato Bisque^{GF DF}

29 Oven Roast Chicken^{GF DF} with Mashed Potatoes^{GF}, Gravy & Biscuit
Macaroni & Cheese with Garlic Breadstick
Italian Sausage Hoagie^{GF avail} with Roasted Red Peppers^{GF DF} & Provolone^{GF}

30 Hamburger^{GF avail} or Cheeseburger^{GF avail} with Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

31 Chicken Strips^{DF} with Biscuit
Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} & Vegetables^{GF DF} over Rice^{GF DF}



BOULDER VALLEY SCHOOL DISTRICT

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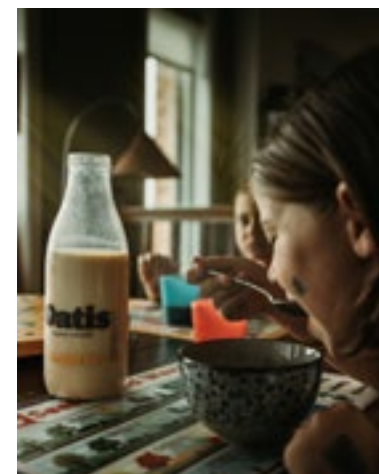
Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with ^{GF} and ^{GF avail}; dairy-free choices denoted with ^{DF} and ^{DF avail}. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are free of added nitrates and nitrites. Menu subject to change.

November Harvests of the Month: Carrots and Winter Squashes



Artwork by:
Delilah Huber
Southern Hills
Middle School
*"If I invented a new
vegetable I would
name it tienberry."*

Local partner:
Oatis Oatmilk



"I've worked for
BVSD for 15 years
and I couldn't be
in a better place.
I love the kids I
serve lunch to."
—Fran Bursiek,
Food Services
Assistant, Fairview
High School



Apply today!

NOVEMBER

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for Curry Roasted Cauliflower, Roasted Green Chile Salsa and our healthy dessert: Carrot Cake, made with Jones Farms rye flour! Our salad bars feature Thai Rainbow Rice Salad, colorful cauliflower, carrots, cabbage, fall radishes, and Western Slope apples.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



BOULDER VALLEY SCHOOL DISTRICT

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4 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Roasted Green Chile Salsa^{GF DF}

5 Beef & Sausage Penne with
Garlic Breadstick
Green Chile & Cheese Tamales^{GF}
or Vegan Corn & Chile Tamales^{GF DF}
with Refried Beans^{GF DF} & Rice^{GF DF}
Choice Chefs Inspired Korean
Bulgogi Beef Tacos^{GF DF} with
Cucumber Pico^{GF DF} & Rice^{GF DF}

6 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF}

7 Oven Fried Chicken^{DF} with
Biscuit
Tofu Chorizo Tacos^{GF avail} with
Radish Slaw^{GF DF} & Rice^{GF DF}
Pork Tacos Al Pastor^{GF avail} with
Pineapple Salsa^{GF DF} & Rice^{GF DF}

1 Shredded Chicken Banh
Mi^{GF avail} with Pickled
Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
SFP Secret Sauce^{GF DF}
 Curry Roasted Cauliflower^{GF DF}

2

DAYLIGHT SAVINGS
TIME ENDS **3**

11

VETERANS DAY

12 Chicken Strips^{DF} with
Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on
Flatbread with Creamy
Cucumbers^{GF}
Pho Ga (Vietnamese Chicken
Soup)^{DF}

13 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

14 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Pork Green Chile Bowl^{GF DF} with
Pico de Gallo^{GF DF} over Rice^{GF DF}

15 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Pizza
Pepperoni Pizza

16

17

18 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Roasted Green Chile Salsa^{GF DF}

19 Teriyaki Chicken^{GF DF} &
Vegetables^{GF DF} with Rice^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
Beef Barbacoa Quesadilla with
Fresh Pico de Gallo^{GF DF}

20 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic
Breadstick

21 French Toast Casserole
with Turkey Sausage^{GF DF}
& Berry Sauce^{GF DF}
Plant Forward Bolognese^{GF DF}
with Garlic Breadstick
Nashville Hot Chicken Sandwich^{DF}

22 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese
Tamales^{GF} or Vegan Corn & Chile
Tamales^{GF DF} with Refried
Beans^{GF DF} & Rice^{GF DF}

23

24

25

26

27

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30

THANKSGIVING BREAK

1

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with ^{GF} and ^{GF avail}; dairy-free choices denoted with ^{DF} and ^{DF avail}. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are free of added nitrates and nitrites. Menu subject to change.

December Harvests of the Month: Fall Radishes and Beets



Artwork by:
Jasper Diehl
Lafayette Elementary
School
*"If I could grow any fruit
overnight, I would pick
a pomegranate."*

Local partner:
Legacy Meats



"BVSD has been
the best food &
beverage service
position I've ever
had. I just wish
I'd started here
sooner!"
—Jeffrey Barnard,
Kitchen Satellite
Lead, Creekside
Elementary



Apply today!

DECEMBER

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for 🚜 roasted baby butternut squash, 🌮 smoky chipotle salsa and our healthy dessert: pumpkin bread made with Jones Farms rye flour! Our salad bars feature Moroccan ruby red rice salad, shredded beets, carrots, and radishes.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

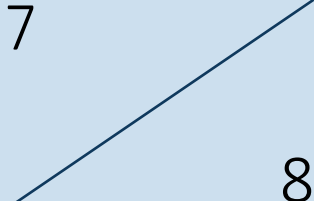
2 General Tso's Chicken
Drumsticks^{GF DF} with Veggie
Fried Rice^{GF DF} & Flatbread
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

3 Beef Soft Tacos^{GF avail} with
Housemade Salsa^{GF DF} &
Rice^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

4 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
SFP Secret Sauce^{GF DF}

5 Chicken^{DF} & Waffles with
Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with
Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel
Sandwich

6 Meatball Sub^{GF avail}
Cheese Pizza
Pepperoni Pizza

7 
8

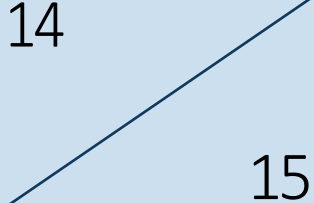
9 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
🌮 Smoky Chipotle Salsa^{GF DF}

10 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic
Breadstick
Beef & Sausage Penne with
Garlic Breadstick

11 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF}
with Flatbread & Spinach
Cilantro Chutney^{GF DF}

12 French Toast Casserole
with Turkey Sausage^{GF DF}
& Berry Sauce^{GF DF}
Iron Chef Winning L&J Red
Lentil Dal^{GF DF} over Rice^{GF DF}
Nashville Hot Chicken Sandwich^{DF}

13 HOTM Pizza: Alfredo Pie
with Sausage, Caramelized
Onions & Sundried Tomatoes
Green Chile & Cheese Tamales^{GF}
or Vegan Corn & Chile Tamales^{GF DF}
with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza
🌮 Roasted Baby Butternut
Squash^{GF}

14 
15

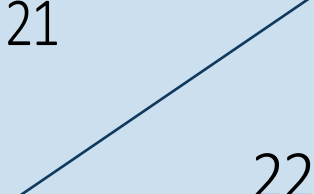
16 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

17 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Macaroni & Cheese with Garlic
Breadstick
Italian Sausage Hoagie^{GF avail} with
Roasted Red Peppers^{GF DF} &
Provolone^{GF}

18 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with
Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

19 Chicken Strips^{DF} with
Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} &
Vegetables^{GF DF} over Rice^{GF DF}

20 Shredded Chicken
Banh Mi^{GF avail} with Pickled
Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
SFP Secret Sauce^{GF DF}
Healthy Dessert: Pumpkin Bread

21 
22

23

24

25

26

27

28

WINTER BREAK

30

31

WINTER BREAK


Find allergen information,
menu updates and more
at food.bvsd.org
BOULDER VALLEY SCHOOL DISTRICT

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with ^{GF} and ^{GF avail}; dairy-free choices denoted with ^{DF} and ^{DF avail}. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are free of added nitrates and nitrites. Menu subject to change.



January Harvests of the Month: Potatoes & Root Veggies



Artwork by:
Elliott Hazzard
 Birch Elementary School
"If I invented a new vegetable I would name it superfoodious."

Local partner:
Masa Seeds



"I like that I am not just a driver here, I am the 'hunger patrol!'"
 -Jose Jimenez,
 Culinary Center Driver



Apply today!



BOULDER VALLEY SCHOOL DISTRICT

JANUARY

LOCAL FEATURES  Harvest of the Month Menu Item  Salsa of the Month

Look for  Jones Farms mashed purple potatoes,  roasted tomato salsa and our healthy dessert: red velvet beet brownies made with Jones Farms rye flour! Our salad bars feature southwestern quinoa salad, shredded carrots, beets, and roasted root vegetables.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



1

2

3

4

WINTER BREAK

5

6

PROFESSIONAL
DEVELOPMENT DAY

7 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Roasted Tomato Salsa^{GF DF}

8 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF}

9 Oven Fried Chicken^{DF} with
Biscuit
Tofu Chorizo Tacos^{GF avail} with
Radish Slaw^{GF DF} & Rice^{GF DF}
Pork Tacos Al Pastor^{GF avail} with
Pineapple Salsa^{GF DF} & Rice^{GF DF}

10 Chicken FajitaTacos^{GF avail}
& Rice^{GF DF}
Pasta Alfredo with Garlic
Breadstick

11

12

13 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

14 Chicken Strips^{DF} with
Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on
Flatbread with Creamy
Cucumbers^{GF}
Pho Ga (Vietnamese Chicken
Soup)^{DF}

15 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

16 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Pork Green Chile Bowl^{GF DF} with
Pico de Gallo^{GF DF} over Rice^{GF DF}
 Jones Farms Purple Potatoes^{GF}

17 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Pizza
Pepperoni Pizza
Healthy Dessert: Red Velvet Beet
Brownies

18

19

20

MARTIN LUTHER KING, JR. DAY

21 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Roasted Tomato Salsa^{GF DF}

22 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic
Breadstick

23 French Toast Casserole
with Turkey Sausage^{GF DF}
& Berry Sauce^{GF DF}
Plant Forward Bolognese^{GF DF}
with Garlic Breadstick
Nashville Hot Chicken Sandwich^{DF}

24 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese
Tamales^{GF} or Vegan Corn & Chile
Tamales^{GF DF} with Refried
Beans^{GF DF} & Rice^{GF DF}

25

26

27 General Tso's Chicken
Drumsticks^{GF DF} with
Veggie Fried Rice^{GF DF} & Flatbread
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

28 Beef Soft Tacos^{GF avail}
with Housemade Salsa^{GF DF}
& Rice^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

29 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
SFP Secret Sauce^{GF DF}

30 Chicken^{DF} & Waffles with
Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with
Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel
Sandwich

31 Meatball Sub^{GF avail}
Cheese Pizza
Pepperoni Pizza

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menu updates and more
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February Harvests of the Month: Cabbage and Sweet Potatoes



Artwork by:
Isla Willett
Whittier Elementary
School
*"My favorite school
food is pupusa because
it is natural."*

Local partner:
Polidori Sausage



"I love seeing
my son and
his classmates
grow and smile
every day."
—Karina Jaquez,
Kitchen Satellite
Lead, Monarch
PK-8



Apply today!

FEBRUARY

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for 🥕 french onion soup, 🌶️ roasted tomatillo salsa and our healthy dessert: lemon panna cotta with berry sauce! Our salad bars feature edamame and brown rice salad, carrots, shredded cabbage, and roasted sweet potatoes.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



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

3 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
🌶️ Roasted Tomatillo Salsa^{GF DF}

4 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic
Breadstick
Beef & Sausage Penne with
Garlic Breadstick

5 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF}
with Flatbread & Spinach
Cilantro Chutney^{GF DF}

6 French Toast Casserole with
Turkey Sausage^{GF DF} & Berry
Sauce^{GF DF}
Iron Chef Winning L&J Red
Lentil Dal^{GF DF} over Rice^{GF DF}
Nashville Hot Chicken Sandwich^{DF}

7 HOTM Pizza: Roasted
Tomatillo, Shredded
Chicken and Cilantro
Green Chile & Cheese Tamales^{GF}
or Vegan Corn & Chile Tamales^{GF DF}
with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza
Healthy Dessert: Lemon Panna
Cotta^{GF} with Berry Sauce^{GF DF}

10 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

11 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Macaroni & Cheese with Garlic
Breadstick
Italian Sausage Hoagie^{GF avail} with
Roasted Red Peppers^{GF DF} &
Provolone^{GF}

12 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with
Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

13 Chicken Strips^{DF} with
Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} &
Vegetables^{GF DF} over Rice^{GF DF}

14 Shredded Chicken Banh
Mi^{GF avail} with Pickled
Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
SFP Secret Sauce^{GF DF}

17

PRESIDENTS' DAY

18

PROFESSIONAL
DEVELOPMENT DAY

19 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
🌶️ Roasted Tomatillo Salsa^{GF DF}

20 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF}

21 Chicken Fajita
Tacos^{GF avail} & Rice^{GF DF}
Pasta Alfredo with Garlic
Breadstick
🥕 French Onion Soup^{GF DF} with
Cheesy Crouton

24 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

25 Chicken Strips^{DF} with
Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on
Flatbread with Creamy
Cucumbers^{GF}
Pho Ga (Vietnamese Chicken
Soup)^{DF}

26 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

27 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Pork Green Chile Bowl^{GF DF} with
Pico de Gallo^{GF DF} over Rice^{GF DF}

28 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Pizza
Pepperoni Pizza

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16

22

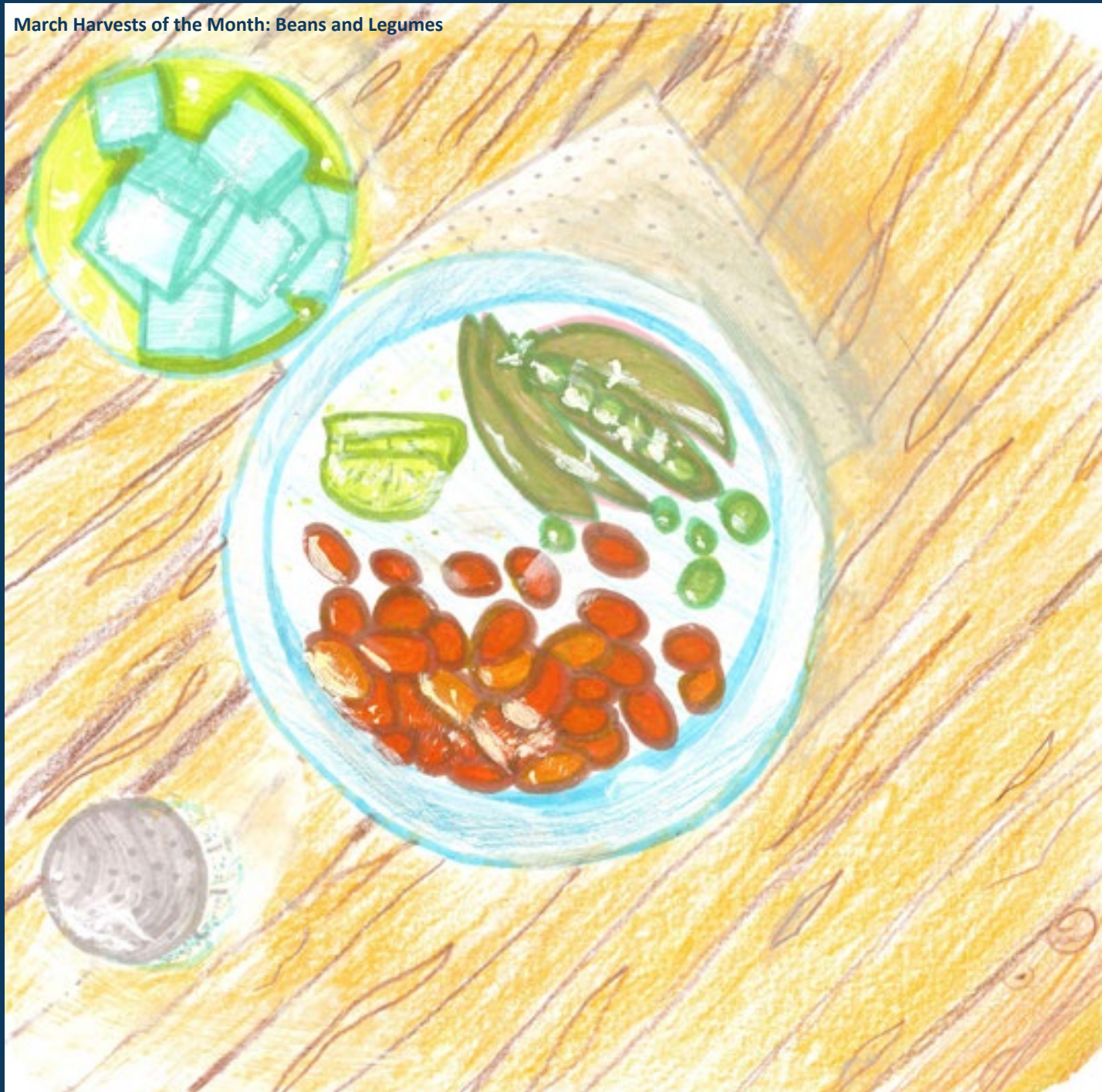
23

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2

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March Harvests of the Month: Beans and Legumes



Artwork by:
Alizée Machuca
Monarch PK8 School
*"My favorite school food
is garlic bread because
it's smooth, well baked,
and makes my taste buds
smile."*

Local partner:
Rogers Mesa



"Working in Food
Services is a fun,
engaging way to
contribute to our
school and I love
supporting kids'
healthy eating."
—Melissa Davis-Capka,
Kitchen Satellite
Lead Floater



Apply today!

MARCH

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for fresh pico de gallo and our healthy dessert: rice pudding with strawberry sauce! Our salad bars feature Superfood Sisters gallo pinto, roasted potatoes, grape tomatoes, broccoli, and cauliflower.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

3 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
 Fresh Pico de Gallo^{GF DF}

4 Teriyaki Chicken^{GF DF} & Vegetables^{GF DF} with Rice^{GF DF}
Macaroni & Cheese with Garlic Breadstick
Beef Barbacoa Quesadilla with Fresh Pico de Gallo^{GF DF}

5 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic Breadstick
Healthy Dessert: Rice Pudding^{GF} with Strawberry Sauce^{GF}

6 French Toast Casserole with Turkey Sausage^{GF DF} & Berry Sauce^{GF DF}
Plant Forward Bolognese^{GF DF} with Garlic Breadstick
Nashville Hot Chicken Sandwich^{DF}

7 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}
 Cheesy Scalloped Potatoes^{GF}

8
DAYLIGHT SAVINGS TIME BEGINS **9**

10 General Tso's Chicken Drumsticks^{GF DF} with Veggie Fried Rice^{GF DF} & Flatbread
Toasted Cheese Sandwich^{GF avail} with Tomato Bisque^{GF DF}

11 Beef Soft Tacos^{GF avail} with Housemade Salsa^{GF DF} & Rice^{GF DF}
Chile Relleno Burrito with Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

12 Hamburger^{GF avail} or Cheeseburger^{GF avail} with Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic Breadstick
SFP Secret Sauce^{GF DF}

13 Chicken^{DF} & Waffles with Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel Sandwich

14 Meatball Sub^{GF avail} Cheese Pizza
Pepperoni Pizza

15
16

17 Beef Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese Sauce or Shredded Cheese^{GF}
 Fresh Pico de Gallo^{GF DF}

18 BBQ Pulled Pork^{GF DF} Sandwich^{GF avail} with Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic Breadstick
Beef & Sausage Penne with Garlic Breadstick

19 All-Beef Hot Dog^{GF avail} with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF} with Flatbread & Spinach
Cilantro Chutney^{GF DF}

20 French Toast Casserole with Turkey Sausage^{GF DF} & Berry Sauce^{GF DF}
Iron Chef Winning L&J Red Lentil Dal^{GF DF} over Rice^{GF DF}
Nashville Hot Chicken Sandwich^{DF}

21 HOTM Pizza: Taco Pizza with Local Legacy Ranch Ground Beef & Fresh Pico de Gallo
Green Chile & Cheese Tamales^{GF} or Vegan Corn & Chile Tamales^{GF DF} with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza

22
23

24

25

26

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28

29

SPRING BREAK

31 Spaghetti^{DF} & Meatballs^{GF DF} with Mozzarella Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail} with Tomato Bisque^{GF DF}

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



BOULDER VALLEY SCHOOL DISTRICT

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Artwork by:
Wren Knippel
 Aspen Creek PK-8 School
"If I invented a new vegetable I would name it larrots (lettuce + carrots)."

Local partner:
Rough & Ready Farm



"I feel grateful to serve students nutritious food and interacting with kids makes me smile."
 —Shiho Frank,
 Food Services Assistant,
 Escuela Bilingue Pioneer



Apply today!

APRIL

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for stir fry spinach with garlic and ginger, chimichurri and our healthy dessert: banana pudding with housemade vanilla wafers! Our salad bars feature ruby red rice and kale salad, grape tomatoes, broccoli, cauliflower, and celery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Macaroni & Cheese with Garlic
Breadstick
Italian Sausage Hoagie^{GF avail} with
Roasted Red Peppers^{GF DF} &
Provolone^{GF}

2 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with
Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

3 Chicken Strips^{DF} with
Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} &
Vegetables^{GF DF} over Rice^{GF DF}

4 Shredded Chicken Banh
Mi^{GF avail} with Pickled
Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
SFP Secret Sauce^{GF DF}

5
6

7 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Chimichurri Sauce^{GF DF}

8 Beef & Sausage Penne with
Garlic Breadstick
Green Chile & Cheese Tamales^{GF}
or Vegan Corn & Chile Tamales^{GF DF}
with Refried Beans^{GF DF} & Rice^{GF DF}
Choice Chefs Inspired Korean
Bulgogi Beef Tacos^{GF avail} with
Cucumber Pico^{GF DF} & Rice^{GF DF}

9 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF}
 Stir Fry Spinach with Garlic
& Ginger^{GF DF}

10 Oven Fried Chicken^{DF}
with Biscuit
Tofu Chorizo Tacos^{GF avail} with
Radish Slaw^{GF DF} & Rice^{GF DF}
Pork Tacos Al Pastor^{GF avail} with
Pineapple Salsa^{GF DF} & Rice^{GF DF}

11 Chicken Fajita
Tacos^{DF} & Rice^{GF DF}
Pasta Alfredo with Garlic
Breadstick

12
13

14 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

15 Chicken Strips^{DF} with
Biscuit
Falafel^{GF DF} & Hummus^{GF DF} on
Flatbread with Creamy
Cucumbers^{GF}
Pho Ga (Vietnamese Chicken
Soup)^{DF}

16 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

17 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Pizza
Pepperoni Pizza

18
CONFERENCE
EXCHANGE DAY

19
20

21
CONFERENCE
EXCHANGE DAY

22 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Chimichurri Sauce^{GF DF}

23 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Cheese Ravioli with Garlic
Breadstick

24 Teriyaki Chicken^{GF DF} &
Vegetables^{GF DF} with Rice^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
Beef Barbacoa Quesadilla with
Fresh Pico de Gallo^{GF DF}

25 Crispy Chicken Sandwich^{DF}
Green Chile & Cheese
Tamales^{GF} or Vegan Corn & Chile
Tamales^{GF DF} with Refried Beans^{GF DF}
& Rice^{GF DF}
Healthy Dessert: Banana
Pudding^{GF} with Housemade
Vanilla Wafers

26
27

28 General Tso's Chicken
Drumsticks^{GF DF} with
Veggie Fried Rice^{GF DF} & Flatbread
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

29 Beef Soft Tacos^{GF avail} with
Housemade Salsa^{GF DF} &
Rice^{GF DF}
Chile Relleno Burrito with
Refried Beans^{GF DF} & Rice^{GF DF}
Chicken Ramen Bowl^{DF}

30 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Macaroni & Cheese with Garlic
Breadstick
SFP Secret Sauce^{GF DF}

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BOULDER VALLEY SCHOOL DISTRICT

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May Harvests of the Month: Spring Radishes and Strawberries



Artwork by:
Chris Kim
High Peaks
Elementary School
*"If I could grow any fruit
overnight I would pick
an apple."*

Local partner:
Van Thuyne



"BVSD offers
room to grow, a
great schedule,
and we end
each day
knowing that
we're making a
difference."
—Richard Morin
Culinary Center
Production Cook



Apply today!



BOULDER VALLEY SCHOOL DISTRICT

MAY

LOCAL FEATURES



Harvest of the Month Menu Item



Salsa of the Month

Look for crispy Korean pickled radishes, fresh strawberry salsa and our healthy dessert: strawberry rhubarb crisp! Our salad bars feature quinoa tabouli, spring radishes, grape tomatoes, spring greens, and fresh strawberries.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



BOULDER VALLEY SCHOOL DISTRICT

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

5 Beef Nachos^{GF DF} with
Cheese Sauce or Shredded
Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Strawberry Salsa^{GF DF}

6 BBQ Pulled Pork^{GF DF}
Sandwich^{GF avail} with
Creamy Coleslaw^{GF DF}
Cheese Ravioli with Garlic
Breadstick
Beef & Sausage Penne with
Garlic Breadstick

7 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Indian Butter Tofu^{GF} over Rice^{GF DF}
with Flatbread & Spinach
Cilantro Chutney^{GF DF}
Healthy Dessert: Strawberry
Rhubarb Crisp^{GF}

1 Chicken^{DF} & Waffles with
Berry Sauce^{GF DF}
Chickpea Masala^{GF DF} with
Rice^{GF DF} & Flatbread
Turkey, Bacon, & Cheese Bagel
Sandwich

2 Meatball Sub^{GF avail}
Cheese Pizza^{GF avail}
Pepperoni Pizza

SCHOOL LUNCH HERO DAY

9 HOTM Pizza: Spring Veggie
Pizza
Green Chile & Cheese Tamales^{GF}
or Vegan Corn & Chile Tamales^{GF DF}
with Refried Beans^{GF DF} & Rice^{GF DF}
Cheese Pizza

3
4

10
11
MOTHER'S DAY

12 Spaghetti^{DF} & Meatballs^{GF DF}
with Mozzarella
Cheese^{GF} & Garlic Breadstick
Toasted Cheese Sandwich^{GF avail}
with Tomato Bisque^{GF DF}

13 Oven Roast Chicken^{GF DF}
with Mashed Potatoes^{GF},
Gravy & Biscuit
Macaroni & Cheese with Garlic
Breadstick
Italian Sausage Hoagie^{GF avail} with
Roasted Red Peppers^{GF DF} &
Provolone^{GF}

14 Hamburger^{GF avail} or
Cheeseburger^{GF avail} with
Oven Baked Fries^{GF DF}
Bean & Cheese Pupusa^{GF} with
Curtido^{GF DF} & Rice^{GF DF}
SFP Secret Sauce^{GF DF}

15 Chicken Strips^{DF} with
Biscuit
Fireside Broccoli Cheese Stuffed
Potato^{GF} with Biscuit
Thai Red Curry Chicken^{GF DF} &
Vegetables^{GF DF} over Rice^{GF DF}

16 Shredded Chicken Banh
Mi^{GF avail} with Pickled
Veggies^{GF DF}
Cheese Pizza
Pepperoni Pizza
 Crispy Korean Pickled
Radishes^{GF DF}
SFP Secret Sauce^{GF DF}

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19 Beef Nachos^{GF DF} with
Cheese Sauce or
Shredded Cheese^{GF}
Bean Nachos^{GF DF} with Cheese
Sauce or Shredded Cheese^{GF}
 Strawberry Salsa^{GF DF}

20 All-Beef Hot Dog^{GF avail}
with BBQ Baked Beans^{GF DF}
Three Sisters Veggie Enchiladas^{GF}

21 Chef's Choice

22 Chef's Choice

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LAST DAY OF SCHOOL

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LABOR DAY

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Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with ^{GF} and ^{GF avail}; dairy-free choices denoted with ^{DF} and ^{DF avail}. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are free of added nitrates and nitrites. Menu subject to change.

JUNE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

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For recipes, upcoming
events and more,
visit food.bvsvd.org

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FATHER'S DAY

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



BOULDER VALLEY SCHOOL DISTRICT

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1

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INDEPENDENCE DAY

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COVER ART PROVIDED BY:



Alexandra Vorontsova

Boulder High School

"If I invented a new vegetable I would name it acorn carrot."



Vegan Entree Options:

We are happy to regularly offer students a variety of vegan options. Look for delicious options on our menu such as Ratatouille, Chocolate Avocado Pudding, Three Sisters Bean Salad, Curry Roasted Cauliflower, Thai Rainbow Rice Salad, French Onion Soup (without cheese), Stir Fry Spinach with Garlic & Ginger, Quinoa Tabouli, and many more!



Vegan Tomato Bisque



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This institution is an equal opportunity provider.





 **BOULDER VALLEY SCHOOL DISTRICT**

Connect with the School Food Project on social media and online!

Visit food.bvdsd.org to access your BVSD Meal Account, view allergens and nutrition information, learn about our community involvement, nutrition education, and more.

You can also connect with us on Facebook and Instagram.

 Facebook – @TheSchoolFoodProject

 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 Rainbow Days, Harvest of the Month programs, and farm-to-school events. Activities include sharing school food information with your school community and volunteering at lunchroom education programs and community events. Learn more at food.bvdsd.org.