



# 2024-25 BOULDER VALLEY SCHOOL DISTRICT ELEMENTARY 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.bvdsd.org](http://food.bvdsd.org). We have created extensive lists of the top 9 food allergens for breakfast, lunch and snack menu items.

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

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

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

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



 BOULDER VALLEY SCHOOL DISTRICT

## Look inside for new menu items:



*Teriyaki Chicken & Vegetables with Rice*



*Chicken Fajita Tacos*

## and familiar favorites:



*Chicken and Waffles*



*Chickpea Masala with Flatbread*



*BBQ Pulled Pork Sandwich with Creamy Coleslaw*



*Green Chili & Cheese Tamales with Refried Beans and Brown Rice*



*Macaroni & Cheese with Garlic Bread*



*Pork Tacos Al Pastor with Pineapple Salsa*

## 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.

**Food.BVSD.org**



# 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](https://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.

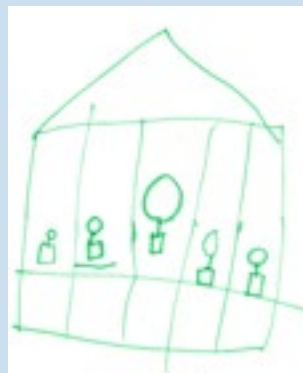
### Chef Carolyn

Director of Food Services  
Boulder Valley School District

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



Thank you for  
your food!



Green house

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 our 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

 Harvest of the Month Menu Item  Salsa of the Month  
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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN



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

1

2

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12

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

13

14

Pepperoni Pizza  
Cheese Pizza  
Vegan Corn & Green Chile  
Tamales<sup>GF DF</sup> with Refried  
Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

15

Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Palisade Peach Salsa<sup>GF DF</sup>

16

All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

17

18

19 Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>

Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

20 Chicken Strips<sup>DF</sup> with  
Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

21 Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

22 Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

23 BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
 Ratatouille<sup>GF DF</sup>

24

25

26 Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>

Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Palisade Peach Salsa<sup>GF DF</sup>

27 Teriyaki Chicken<sup>GF DF</sup> &  
Vegetables<sup>GF DF</sup> with Rice<sup>GF DF</sup>  
Macaroni & Cheese with Garlic  
Breadstick

28 All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli  
Healthy Dessert: Peach Crisp<sup>GF</sup>

29 French Toast Casserole  
with Turkey Sausage<sup>GF DF</sup>  
and Berry Sauce<sup>GF DF</sup>  
Plant Forward Bolognese<sup>GF DF</sup>  
with Garlic Breadstick

30 Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese  
Tamales<sup>GF</sup> or Vegan Corn &  
Green Chile Tamales<sup>GF DF</sup> with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

31

1

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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,  charred sweet corn and black bean salsa and our healthy dessert: chocolate avocado pudding! Our salad bars feature broccoli & wild rice salad, local cherry tomatoes, multi-colored carrots, cucumbers, cantaloupe, and watermelon.



Harvest of the Month Menu Item



Salsa of the Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

2

LABOR DAY

9 Beef Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>G</sup>  
 Charred Sweet Corn & Black Bean Salsa<sup>GF DF</sup>

16 Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup> with Mozzarella Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup> with Tomato Bisque<sup>GF DF</sup>

23 Beef Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
 Charred Sweet Corn and Black Bean Salsa<sup>GF DF</sup>

30

PROFESSIONAL DEVELOPMENT DAY

3 Beef Soft Tacos<sup>GF avail</sup> with Housemade Salsa<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Chile Relleno Burrito with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

10 BBQ Pulled Pork<sup>GF DF</sup> Sandwich<sup>GF avail</sup> with Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic Breadstick  
 Ollin Farms Pepper Slaw<sup>GF</sup>

17 Oven Roast Chicken<sup>GF DF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Macaroni & Cheese

24 Beef & Sausage Penne with Garlic Breadstick  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

4 Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup> with Oven Baked Fries<sup>GF DF</sup>  
Macaroni & Cheese

11 All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup>  
with Flatbread & Spinach  
Cilantro Chutney<sup>GF DF</sup>

18 Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup> with Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

25 All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>

5 Chicken<sup>DF</sup> & Waffles with Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with Rice<sup>GF DF</sup> & Flatbread

12 French Toast Casserole with Turkey Sausage<sup>GF DF</sup> & Berry Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

19 Chicken Strips<sup>DF</sup> with Biscuit  
Fireside Broccoli Cheese Stuffed Potato<sup>GF</sup> with Biscuit

26 Oven Fried Chicken<sup>DF</sup> with Biscuit  
Tofu Chorizo Tacos<sup>GF avail</sup> with Radish Slaw<sup>GF DF</sup> & Rice<sup>GF DF</sup>

6 Meatball Sub<sup>GF avail</sup> Cheese Pizza  
Pepperoni Pizza

13  HOTM Pizza Margherita  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Cheese Pizza

20 Shredded Chicken Banh Mi<sup>GF avail</sup> with Pickled Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
Healthy Dessert: Chocolate Avocado Pudding<sup>GF DF</sup>

27 Chicken Fajita Tacos<sup>GF avail</sup> & Rice<sup>GF DF</sup>  
Pasta Alfredo



BOULDER VALLEY SCHOOL DISTRICT

7

8

14

15

21

22

28

29

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

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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.

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<sup>DF</sup> with Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on Flatbread with Creamy Cucumbers<sup>GF</sup>

**2** Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup>  
Chile Relleno Burrito with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
🍷 Jones Farms Roast Potatoes<sup>GF DF</sup>  
🍷 Three Sisters Salad<sup>GF DF</sup>

COLORADO PROUD DAY

**3** Oven Roast Chicken<sup>GF DF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed Potato<sup>GF</sup> with Biscuit

**4** BBQ Pulled Pork<sup>GF DF</sup> Sandwich<sup>GF avail</sup> with Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

**5**  
**6**

**7** Beef Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
🍷 Fresh Pico de Gallo<sup>GF DF</sup>

**8** Teriyaki Chicken<sup>GF DF</sup> & Vegetables<sup>GF DF</sup> with Rice<sup>GF DF</sup>  
Macaroni & Cheese

**9** All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic Breadstick

**10** French Toast Casserole with Turkey Sausage<sup>GF DF</sup> & Berry Sauce<sup>GF DF</sup>  
Plant Forward Bolognese<sup>GF DF</sup> with Garlic Breadstick

**11** Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**12**  
**13**

**14**

INDIGENOUS PEOPLES' DAY

**15** Beef Soft Tacos<sup>GF avail</sup> with Housemade Salsa<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Chile Relleno Burrito with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**16** Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup> with Oven Baked Fries<sup>GF DF</sup>  
Macaroni & Cheese

**17** Chicken<sup>DF</sup> & Waffles with Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with Rice<sup>GF DF</sup> & Flatbread

**18** Meatball Sub<sup>GF avail</sup> with Cheese Pizza  
Pepperoni Pizza  
Healthy Dessert: Warm Caramel Applesauce<sup>GF</sup>

**19**  
**20**

**21** Beef Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
🍷 Fresh Pico de Gallo<sup>GF DF</sup>

**22** BBQ Pulled Pork<sup>GF DF</sup> Sandwich<sup>GF avail</sup> with Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic Breadstick

**23** All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup> with Flatbread & Spinach Cilantro Chutney<sup>GF DF</sup>

**24** French Toast Casserole with Turkey Sausage<sup>GF DF</sup> & Berry Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

**25** HOTM Pizza: Roasted Green Chile & Housemade Chicken Chorizo  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Cheese Pizza

**26**  
**27**

**28** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup> with Mozzarella Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup> with Tomato Bisque<sup>GF DF</sup>

**29** Oven Roast Chicken<sup>GF DF</sup> with Mashed Potatoes<sup>GF</sup>, Gravy & Biscuit  
Macaroni & Cheese

**30** Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup> with Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**31** Chicken Strips<sup>DF</sup> with Biscuit  
Fireside Broccoli Cheese Stuffed Potato<sup>GF</sup> with Biscuit



BOULDER VALLEY SCHOOL DISTRICT

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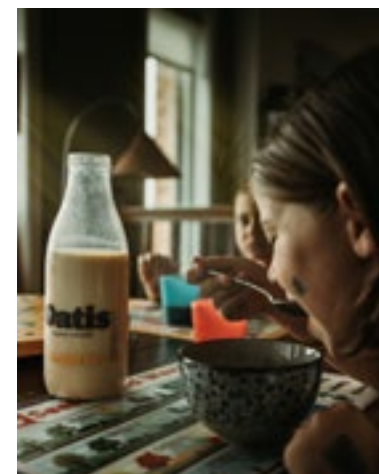
Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. Our fresh chicken and beef are free of antibiotics and hormones and our hot dogs are 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



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4 Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Roasted Green Chile Salsa<sup>GF DF</sup>

5 Beef & Sausage Penne with  
Garlic Breadstick  
Green Chile & Cheese Tamales<sup>GF</sup>  
or Vegan Corn & Chile Tamales<sup>GF DF</sup>  
with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

6 All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>

7 Oven Fried Chicken<sup>DF</sup> with  
Biscuit  
Tofu Chorizo Tacos<sup>GF avail</sup>  
with Radish Slaw<sup>GF DF</sup> & Rice<sup>GF DF</sup>

1 Shredded Chicken Banh  
Mi<sup>GF avail</sup> with Pickled  
Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
 Curry Roasted Cauliflower<sup>GF DF</sup>

2  
DAYLIGHT SAVINGS  
TIME ENDS 3

8 Chicken Fajita Tacos<sup>GF avail</sup>  
& Rice<sup>GF DF</sup>  
Pasta Alfredo with Garlic  
Breadstick  
Healthy Dessert: Carrot Cake

9  
10

11

12 Chicken Strips<sup>DF</sup> with  
Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

13 Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

14 Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

15 BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

16  
17

VETERANS DAY

18 Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Roasted Green Chile Salsa<sup>GF DF</sup>

19 Teriyaki Chicken<sup>GF DF</sup> &  
Vegetables<sup>GF DF</sup> with Rice<sup>GF DF</sup>  
Macaroni & Cheese

20 All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

21 French Toast Casserole  
with Turkey Sausage<sup>GF DF</sup>  
& Berry Sauce<sup>GF DF</sup>  
Plant Forward Bolognese<sup>GF DF</sup>  
with Garlic Breadstick

22 Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese  
Tamales<sup>GF</sup> or Vegan Corn & Chile  
Tamales<sup>GF DF</sup> with Refried  
Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

23  
24

25

26

27

28

29

30

THANKSGIVING BREAK

1

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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<sup>GF DF</sup> with Veggie  
Fried Rice<sup>GF DF</sup> & Flatbread  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**3** Beef Soft Tacos<sup>GF avail</sup> with  
Housemade Salsa<sup>GF DF</sup> &  
Rice<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**4** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Macaroni & Cheese

**5** Chicken<sup>DF</sup> & Waffles with  
Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with  
Rice<sup>GF DF</sup> & Flatbread

**6** Meatball Sub<sup>GF avail</sup>  
Cheese Pizza  
Pepperoni Pizza

**7**  
**8**

**9** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
🌮 Smoky Chipotle Salsa<sup>GF DF</sup>

**10** BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

**11** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup>  
with Flatbread & Spinach  
Cilantro Chutney<sup>GF DF</sup>

**12** French Toast Casserole  
with Turkey Sausage<sup>GF DF</sup>  
& Berry Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red  
Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

**13** HOTM Pizza: Alfredo Pie  
with Sausage, Caramelized  
Onions & Sundried Tomatoes  
Green Chile & Cheese Tamales<sup>GF</sup>  
or Vegan Corn & Chile Tamales<sup>GF DF</sup>  
with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Cheese Pizza  
🌮 Roasted Baby Butternut  
Squash<sup>GF</sup>

**14**  
**15**

**16** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**17** Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Macaroni & Cheese

**18** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with  
Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**19** Chicken Strips<sup>DF</sup> with  
Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

**20** Shredded Chicken  
Banh Mi<sup>GF avail</sup> with Pickled  
Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
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](http://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 <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Roasted Tomato Salsa<sup>GF DF</sup>

8 All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>

9 Oven Fried Chicken<sup>DF</sup> with  
Biscuit  
Tofu Chorizo Tacos<sup>GF avail</sup> with  
Radish Slaw<sup>GF DF</sup> & Rice<sup>GF DF</sup>

10 Chicken FajitaTacos<sup>GF avail</sup>  
& Rice<sup>GF DF</sup>  
Pasta Alfredo with Garlic  
Breadstick

11

12

13 Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

14 Chicken Strips<sup>DF</sup> with  
Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

15 Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

16 Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit  
 Jones Farms Purple Potatoes<sup>GF</sup>

17 BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
Healthy Dessert: Red Velvet Beet  
Brownies

18

19

20

MARTIN LUTHER KING, JR. DAY

21 Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Roasted Tomato Salsa<sup>GF DF</sup>

22 All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

23 French Toast Casserole  
with Turkey Sausage<sup>GF DF</sup>  
& Berry Sauce<sup>GF DF</sup>  
Plant Forward Bolognese<sup>GF DF</sup>  
with Garlic Breadstick

24 Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese  
Tamales<sup>GF</sup> or Vegan Corn & Chile  
Tamales<sup>GF DF</sup> with Refried  
Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

25

26

27 General Tso's Chicken  
Drumsticks<sup>GF DF</sup> with  
Veggie Fried Rice<sup>GF DF</sup> & Flatbread  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

28 Beef Soft Tacos<sup>GF avail</sup>  
with Housemade Salsa<sup>GF DF</sup>  
& Rice<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

29 Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Macaroni & Cheese

30 Chicken<sup>DF</sup> & Waffles with  
Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with  
Rice<sup>GF DF</sup> & Flatbread

31 Meatball Sub<sup>GF avail</sup>  
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



BOULDER VALLEY SCHOOL DISTRICT

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

**3** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
🍷 Roasted Tomatillo Salsa<sup>GF DF</sup>

**4** BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

**5** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup>  
with Flatbread & Spinach  
Cilantro Chutney<sup>GF DF</sup>

**6** French Toast Casserole with  
Turkey Sausage<sup>GF DF</sup> & Berry  
Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red  
Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

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

**10** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**11** Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Macaroni & Cheese

**12** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with  
Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**13** Chicken Strips<sup>DF</sup> with  
Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

**14** Shredded Chicken Banh  
Mi<sup>GF avail</sup> with Pickled  
Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

**17**

PRESIDENTS' DAY

**18**

PROFESSIONAL  
DEVELOPMENT DAY

**19** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
🍷 Roasted Tomatillo Salsa<sup>GF DF</sup>

**20** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>

**21** Chicken Fajita  
Tacos<sup>GF avail</sup> & Rice<sup>GF DF</sup>  
Pasta Alfredo with Garlic  
Breadstick  
🍷 French Onion Soup<sup>GF DF</sup> with  
Cheesy Crouton

**24** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**25** Chicken Strips<sup>DF</sup> with  
Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

**26** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**27** Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

**28** BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

**1**

**2**

**8**

**9**

**15**

**16**

**22**

**23**

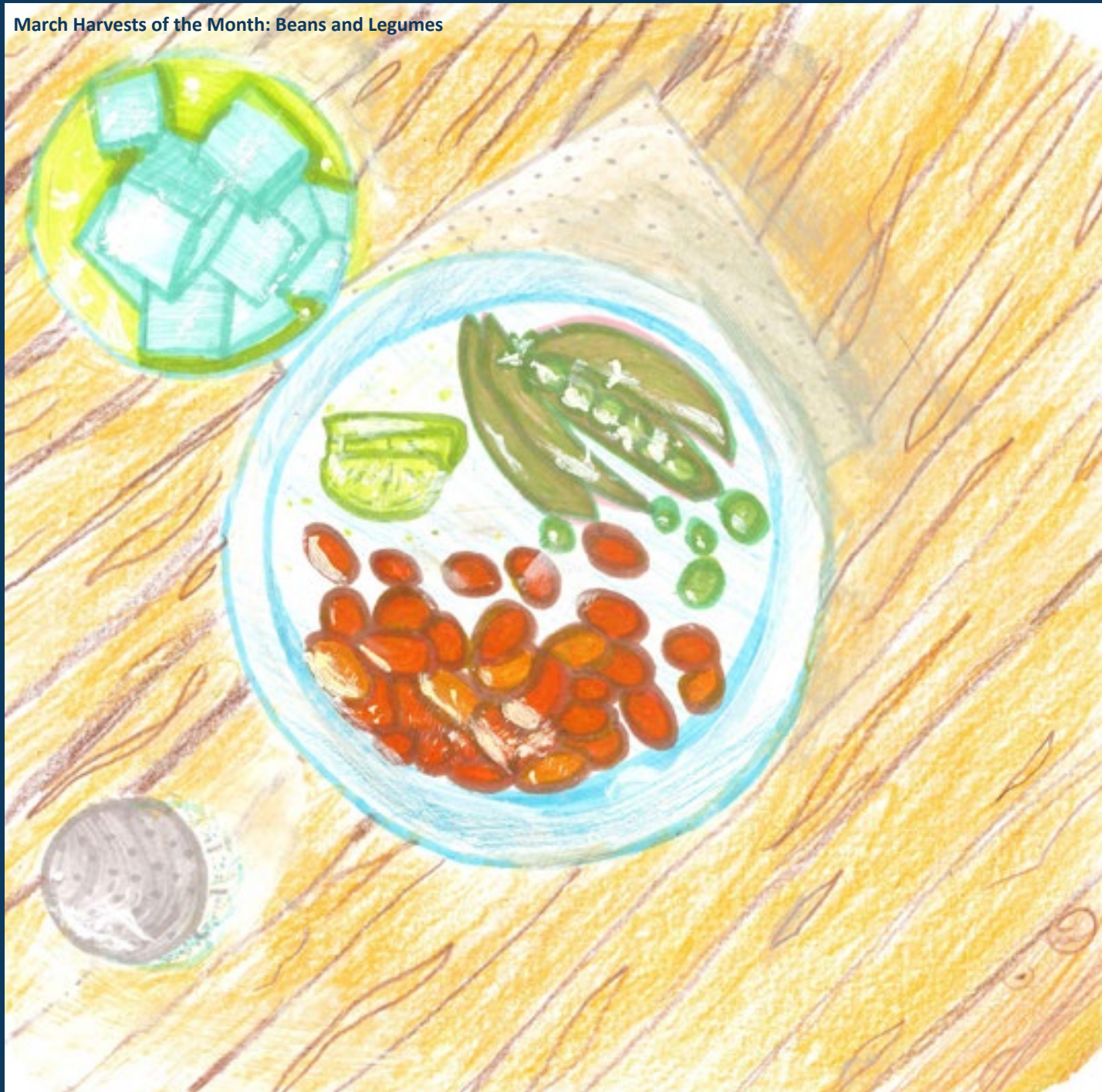
**1**

**2**

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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.



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 cheesy scalloped potatoes, 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<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
 Fresh Pico de Gallo<sup>GF DF</sup>

**4** Teriyaki Chicken<sup>GF DF</sup> & Vegetables<sup>GF DF</sup> with Rice<sup>GF DF</sup> Macaroni & Cheese

**5** All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic Breadstick  
Healthy Dessert: Rice Pudding<sup>GF</sup> with Strawberry Sauce<sup>GF</sup>

**6** French Toast Casserole with Turkey Sausage<sup>GF DF</sup> & Berry Sauce<sup>GF DF</sup>  
Plant Forward Bolognese<sup>GF DF</sup> with Garlic Breadstick

**7** Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
 Cheesy Scalloped Potatoes<sup>GF</sup>

**8**  
DAYLIGHT SAVINGS TIME BEGINS **9**

**10** General Tso's Chicken Drumsticks<sup>GF DF</sup> with Veggie Fried Rice<sup>GF DF</sup> & Flatbread  
Toasted Cheese Sandwich<sup>GF avail</sup> with Tomato Bisque<sup>GF DF</sup>

**11** Beef Soft Tacos<sup>GF avail</sup> with Housemade Salsa<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Chile Relleno Burrito with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**12** Hamburger<sup>GF avail</sup> or Cheeseburger<sup>GF avail</sup> with Oven Baked Fries<sup>GF DF</sup> Macaroni & Cheese

**13** Chicken<sup>DF</sup> & Waffles with Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with Rice<sup>GF DF</sup> & Flatbread

**14** Meatball Sub<sup>GF avail</sup> Cheese Pizza  
Pepperoni Pizza

**15**  
**16**

**17** Beef Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese Sauce or Shredded Cheese<sup>GF</sup>  
 Fresh Pico de Gallo<sup>GF DF</sup>

**18** BBQ Pulled Pork<sup>GF DF</sup> Sandwich<sup>GF avail</sup> with Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic Breadstick

**19** All-Beef Hot Dog<sup>GF avail</sup> with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup> with Flatbread & Spinach Cilantro Chutney<sup>GF DF</sup>

**20** French Toast Casserole with Turkey Sausage<sup>GF DF</sup> & Berry Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

**21** HOTM Pizza: Taco Pizza with Local Legacy Ranch Ground Beef & Fresh Pico de Gallo  
Green Chile & Cheese Tamales<sup>GF</sup> or Vegan Corn & Chile Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Cheese Pizza

**22**  
**23**

**24**

**25**

**26**

**27**

**28**

**29**

### SPRING BREAK

**31** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup> with Mozzarella Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup> with Tomato Bisque<sup>GF DF</sup>

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



BOULDER VALLEY SCHOOL DISTRICT

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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.



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<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Macaroni & Cheese

**2** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with  
Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**3** Chicken Strips<sup>DF</sup> with  
Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

**4** Shredded Chicken Banh  
Mi<sup>GF avail</sup> with Pickled  
Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

**5**

**6**

**7** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Chimichurri Sauce<sup>GF DF</sup>

**8** Beef & Sausage Penne with  
Garlic Breadstick  
Green Chile & Cheese Tamales<sup>GF</sup>  
or Vegan Corn & Chile Tamales<sup>GF DF</sup>  
with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**9** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>  
 Stir Fry Spinach with Garlic  
& Ginger<sup>GF DF</sup>

**10** Oven Fried Chicken<sup>DF</sup>  
with Biscuit  
Tofu Chorizo Tacos<sup>GF avail</sup> with  
Radish Slaw<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**11** Chicken Fajita  
Tacos<sup>DF</sup> & Rice<sup>GF DF</sup>  
Pasta Alfredo with Garlic  
Breadstick

**12**

**13**

**14** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**15** Chicken Strips<sup>DF</sup> with  
Biscuit  
Falafel<sup>GF DF</sup> & Hummus<sup>GF DF</sup> on  
Flatbread with Creamy  
Cucumbers<sup>GF</sup>

**16** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**17** BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza

**18**

CONFERENCE  
EXCHANGE DAY

**19**

**20**

**21**

CONFERENCE  
EXCHANGE DAY

**22** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Chimichurri Sauce<sup>GF DF</sup>

**23** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

**24** Teriyaki Chicken<sup>GF DF</sup> &  
Vegetables<sup>GF DF</sup> with Rice<sup>GF DF</sup>  
Macaroni & Cheese

**25** Crispy Chicken Sandwich<sup>DF</sup>  
Green Chile & Cheese  
Tamales<sup>GF</sup> or Vegan Corn & Chile  
Tamales<sup>GF DF</sup> with Refried Beans<sup>GF DF</sup>  
& Rice<sup>GF DF</sup>  
Healthy Dessert: Banana  
Pudding<sup>GF</sup> with Housemade  
Vanilla Wafers

**26**

**27**

**28** General Tso's Chicken  
Drumsticks<sup>GF DF</sup> with  
Veggie Fried Rice<sup>GF DF</sup> & Flatbread  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**29** Beef Soft Tacos<sup>GF avail</sup> with  
Housemade Salsa<sup>GF DF</sup> &  
Rice<sup>GF DF</sup>  
Chile Relleno Burrito with  
Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**30** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Macaroni & Cheese

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



BOULDER VALLEY SCHOOL DISTRICT

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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.



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

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**5** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or Shredded  
Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Strawberry Salsa<sup>GF DF</sup>

**6** BBQ Pulled Pork<sup>GF DF</sup>  
Sandwich<sup>GF avail</sup> with  
Creamy Coleslaw<sup>GF DF</sup>  
Cheese Ravioli with Garlic  
Breadstick

**7** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Indian Butter Tofu<sup>GF</sup> over Rice<sup>GF DF</sup>  
with Flatbread & Spinach  
Cilantro Chutney<sup>GF DF</sup>  
Healthy Dessert: Strawberry  
Rhubarb Crisp<sup>GF</sup>

**1** Chicken<sup>DF</sup> & Waffles with  
Berry Sauce<sup>GF DF</sup>  
Chickpea Masala<sup>GF DF</sup> with  
Rice<sup>GF DF</sup> & Flatbread

**8** French Toast Casserole  
with Turkey Sausage<sup>GF DF</sup> &  
Berry Sauce<sup>GF DF</sup>  
Iron Chef Winning L&J Red  
Lentil Dal<sup>GF DF</sup> over Rice<sup>GF DF</sup>

**2** Meatball Sub<sup>GF avail</sup>  
Cheese Pizza<sup>GF avail</sup>  
Pepperoni Pizza

SCHOOL LUNCH HERO DAY

**9** HOTM Pizza: Spring Veggie  
Pizza  
Green Chile & Cheese Tamales<sup>GF</sup>  
or Vegan Corn & Chile Tamales<sup>GF DF</sup>  
with Refried Beans<sup>GF DF</sup> & Rice<sup>GF DF</sup>  
Cheese Pizza

**3**  
**4**

**10**  
**11**  
MOTHER'S DAY

**12** Spaghetti<sup>DF</sup> & Meatballs<sup>GF DF</sup>  
with Mozzarella  
Cheese<sup>GF</sup>  
Toasted Cheese Sandwich<sup>GF avail</sup>  
with Tomato Bisque<sup>GF DF</sup>

**13** Oven Roast Chicken<sup>GF DF</sup>  
with Mashed Potatoes<sup>GF</sup>,  
Gravy & Biscuit  
Macaroni & Cheese

**14** Hamburger<sup>GF avail</sup> or  
Cheeseburger<sup>GF avail</sup> with  
Oven Baked Fries<sup>GF DF</sup>  
Bean & Cheese Pupusa<sup>GF</sup> with  
Curtido<sup>GF DF</sup> & Rice<sup>GF DF</sup>

**15** Chicken Strips<sup>DF</sup> with  
Biscuit  
Fireside Broccoli Cheese Stuffed  
Potato<sup>GF</sup> with Biscuit

**16** Shredded Chicken Banh  
Mi<sup>GF avail</sup> with Pickled  
Veggies<sup>GF DF</sup>  
Cheese Pizza  
Pepperoni Pizza  
 Crispy Korean  
Pickled Radishes<sup>GF DF</sup>

**17**  
**18**

**19** Beef Nachos<sup>GF DF</sup> with  
Cheese Sauce or  
Shredded Cheese<sup>GF</sup>  
Bean Nachos<sup>GF DF</sup> with Cheese  
Sauce or Shredded Cheese<sup>GF</sup>  
 Strawberry Salsa<sup>GF DF</sup>

**20** All-Beef Hot Dog<sup>GF avail</sup>  
with BBQ Baked Beans<sup>GF DF</sup>  
Three Sisters Veggie Enchiladas<sup>GF</sup>

**21** Chef's Choice

**22** Chef's Choice

**23**

**24**

LAST DAY OF SCHOOL

**26**

**27**

**28**

**29**

**30**

**31**

LABOR DAY

**1**

Unlimited salad bar, local skim and 1% milk, and fresh fruit offered daily. Gluten-free choices denoted with <sup>GF</sup> and <sup>GF avail</sup>; dairy-free choices denoted with <sup>DF</sup> and <sup>DF avail</sup>. 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

3

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

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FATHER'S DAY

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menu updates and more  
at [food.bvsvd.org](http://food.bvsvd.org)



BOULDER VALLEY SCHOOL DISTRICT



# JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1

Find allergen information,  
menu updates and more  
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2



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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



Red Lentil Dal

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](http://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](http://food.bvdsd.org).