




















# Harvest of the Month

## ~ Broccoli ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Items marked with a *V* are vegetarian selections.</p> <p>Items marked with an H are Harvest of the Month selections.</p> <p>Items marked with a  contain pork.</p>	 <p>Have fun and earn money while your children are in school! For more information, visit <a href="http://www.d11.org/Page/1750">http://www.d11.org/Page/1750</a></p>		<b>1</b> 1-Teriyaki Chicken & Noodles 2-  BBQ Pork Sandwich Mixed Fruit	<b>2</b> <i>No School for PPP</i> 1-D11 Cheese or  Sausage Pizza 2-Peanut Butter and Jelly Sandwich *V* Diced Peaches
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water</b>				
<b>5</b> 1-Hot Ham and Cheese Sandwich 2-Beef and Bean Chili with Tortilla Baked Beans  <b>Broccoli</b> H	<b>6</b> 1-Spaghetti and Meat Sauce 2-Tamales with Refried Beans *V* Salsa	<b>7</b> 1-Chicken Nachos 2-English Muffin Pizza *V* RIPS Juice Slushie 	<b>8</b> 1-Turkey & Gravy with Mashed Potatoes and Roll 2-UBR, Yogurt and Cheese Stick *V* Cinnamon Applesauce	<b>9</b> 1-D11 Cheese *V* or  Pepperoni Pizza 2-Peanut Butter Picnic with Goldfish Crackers *V* Raisins
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water</b>				
<b>12</b> 1-Chicken and Cheese Quesadilla 2-Pancakes with Strawberry Sauce and  Sausage Diced Pears	<b>13</b> 1-Ravioli Marinara with Breadstick *V* 2-Picnic Roll Cinnamon Applesauce	<b>14</b>  1-BBQ Chicken & Biscuit  2-Pizza Lunch Box Potato Salad	<b>15</b> 1-Yogurt Lunch Box *V* 2-Macaroni and Cheese *V* Mixed Fruit	<b>16</b> <i>No School for Roosevelt and CMA</i> 1-D11 Cheese *V* or  Sausage Pizza 2-PBJ Sandwich *V* Diced Peaches
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water</b>				
<b>19</b> <i>No School</i> 	<b>20</b> 1-Hamburger or Cheeseburger 2-Pepperoni Wrap Baked Beans 	<b>21</b> 1-Chili Nachos 2-Deli Lunch Box Potato Salad <b>Broccoli</b> H	<b>22</b> 1-  Sloppy Joe 2-Turkey and Cheese Sandwich Cinnamon Applesauce	<b>23</b> <i>No School for AcadACL</i> 1-D11 Cheese *V* or  Pepperoni Pizza 2-Bean and Cheese Burrito Craisins
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water</b>				
<b>26</b> 1-  Pork Carnitas Tacos and Salsa 2-Bagel with Peanut Butter and Yogurt Cup *V* Diced Pears	<b>27</b> 1-Cheese Stuffed Shells & Marinara with Breadstick *V* 2-Cinnamon Roll and Sausage Blueberries	<b>28</b> 1-Roasted Chicken and Dinner Roll 2-Ham and Cheese Sandwich Potato Salad		
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water</b>				

# February 2018

Colorado Springs School District 11  
K-5 & K-8 Lunch Menu

### Meal Prices:

K-5 Full Price Breakfast	\$1.40
6-12 Full Price Breakfast	\$1.50
Adult Breakfast	\$2.25
Breakfast in the Classroom	FREE
K-12 Reduced Price Breakfast	FREE
K-5 Reduced Price Lunch	FREE
6-12 Reduced Price Lunch	\$.40

K-5 Full Price Lunch	\$2.45
Weekly	\$12.25
Monthly	\$49.00

6-8 Full Price Lunch	\$2.60
Weekly	\$13.00
Monthly	\$52.00

9-12 Full Price Lunch	\$2.85
Weekly	\$14.25
Monthly	\$57.00

Adult Lunch	\$3.75
White Milk	\$.65
Chocolate Milk	\$.75

**Lunch includes a minimum of three and maximum of 5 different selections from the grain, milk, fruit, vegetable and meat/meat alternate groups.**

School District 11 Food & Nutrition Services does not allow charges. Students who forget their money are provided an alternate meal on a case-by-case basis. <https://www.d11.org/Page/6035>

You could possibly save hundreds of \$\$ on school lunch and breakfast! If you would like assistance with the cost of your student's meals, you may apply for free or reduced-price meals online at [MySchoolApps.com](http://MySchoolApps.com).

There may be instances when menu substitutions must be made due to circumstances beyond our control. CSSD11 Food & Nutrition Services makes every effort to prevent these situations when at all possible. In the event that a substitution must be made, signage will be posted at the school to indicate what the substitution will be.

Please visit <https://www.d11.org/Page/921> to view menus and for an explanation of the D11 snow day policy.



This institution is an equal opportunity provider.

facebook

"Like us" for all the latest and greatest on the



**D11 Good Food Project!**

<http://m.facebook.com/pages/D11-Good-Food-Project/254969185947>

Do you have a "praise" or "concern" to share with the Director of Food & Nutrition Services? Please email your comments to [Kent.Weheri@d11.org](mailto:Kent.Weheri@d11.org).

### Colorado Harvest of the month for February...

#### **BROCCOLI**

Broccoli was first grown in the Italian province of Calabria and was given the name Calabrese. Today there are many varieties. In the United States, the most common type of broccoli is the Italian green or sprouting variety. Its green stalks are topped with umbrella-shaped clusters of purplish green florets.

Choose bunches that are dark green. Good color indicates high nutrient value. Florets that are dark green, purplish, or bluish green contain more beta-carotene and vitamin C than paler or yellowing ones. Choose bunches with stalks that are very firm. Stalks that bend or seem rubbery are of poor quality. Avoid broccoli with open, flowering, discolored, or water-soaked bud clusters and tough, woody stems.

Store broccoli unwashed, in an open plastic bag and place in the crisper drawer of refrigerator. It is best if used within a day or two after purchasing.

Packaged frozen broccoli differs from fresh in its nutrient content. The flower buds or florets are richer in beta-carotene than the stalks. Manufacturers typically cut off most of the stalk before packaging it, so frozen broccoli may contain 35% more beta-carotene by weight than fresh broccoli. The downside is that frozen broccoli has twice as much sodium as fresh (up to 68 mg per 10 oz. package), about half the calcium, and smaller amounts of iron, thiamin, riboflavin, and vitamin C.

The best way to cook broccoli is to steam, cook in the microwave or stir-fry with a little broth or water. These methods are better than boiling. Some of the vitamin and mineral content are lost from the vegetable and end up in the cooking water when they are boiled. Cooked broccoli should be tender enough so that it can be pierced with a sharp knife, and still remain crisp and bright green in color.

Broccoli contains some 3% of protein and is one of the richest vegetable sources of calcium, iron, and magnesium. Moreover, broccoli is very rich in vitamins A and C – even containing more than oranges! It also contains cancer fighting antioxidants such as beta-carotene.

Source: [www.fruitandveggiesmatter.gov](http://www.fruitandveggiesmatter.gov)

### Physical Activity Topic for February...

#### **Ways to be physically active**

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

#### **Moderate physical activities include:**

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

#### **Vigorous physical activities include:**

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

# February 2018

Colorado Springs School District 11  
K-5 & K-8 Lunch Menu