



# 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
 BOULDER VALLEY SCHOOL DISTRICT		1	2	3	4
		WINTER BREAK			
6 NO SCHOOL  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> Pork Tacos Al Pastor <sup>GF avail</sup> with Pineapple Salsa <sup>GF DF</sup> & Rice <sup>GF DF</sup>	10 Chicken Fajita Tacos <sup>GF avail</sup> & Rice <sup>GF DF</sup> Pasta Alfredo with Garlic Breadstick	11
13 Spaghetti <sup>DF</sup> & Meatballs <sup>GF DF</sup> with Mozzarella Cheese <sup>GF</sup> & Garlic Breadstick 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> Pho Ga (Vietnamese Chicken Soup) <sup>DF</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> SFP Secret Sauce <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 Pork Green Chile Bowl <sup>GF DF</sup> with Pico de Gallo <sup>GF DF</sup> over Rice <sup>GF DF</sup>  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
20 NO SCHOOL  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 Nashville Hot Chicken Sandwich <sup>DF</sup>	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
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> Chicken Ramen Bowl <sup>DF</sup>	29 Hamburger <sup>GF avail</sup> or Cheeseburger <sup>GF avail</sup> with Oven Baked Fries <sup>GF DF</sup> Macaroni & Cheese with Garlic Breadstick SFP Secret Sauce <sup>GF DF</sup>	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 Turkey, Bacon, & Cheese Bagel Sandwich	31 Meatball Sub <sup>GF avail</sup> Cheese Pizza Pepperoni Pizza	26  Find allergen information, menu updates and more at <a href="http://food.bvdsd.org">food.bvdsd.org</a>

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.