




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 NO SCHOOL PARENT TEACHER CONFERENCES	5
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
14 CHEF'S CHOICE INDIGENOUS PEOPLES' DAY	15 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}	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 NO SCHOOL FALL BREAK	18 NO SCHOOL FALL BREAK	19
21 NO SCHOOL FALL BREAK	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
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}	 SCHOOL FOOD PROJECT BOULDER VALLEY SCHOOL DISTRICT	Find allergen information, menu updates and more at food.bvdsd.org

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.