

















# Harvest of the Month

## ~ Cauliflower ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Items marked with a *V* are vegetarian selections.</p> <p>Items marked with a  contain pork.</p> <p>Items marked with an <i>H</i> are Harvest of the Month selections.</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>		<p><b>1</b></p> <p>1-Sloppy Joe  2-Pizza Lunch Box</p> <p>Craisins</p>
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</b>				
<p><b>4</b></p> <p>1-Ravioli &amp; Marinara with Breadstick *V* 2-Yogurt, Cheese Stick &amp; Harvest Muffin *V*</p> <p>100% Juice Cauliflower <i>H</i></p>	<p><b>5</b></p> <p>1-Hamburger or Cheeseburger 2-Chicken, Bean &amp; Cheese Taquito</p> <p>Diced Pears</p>	<p><b>6</b></p> <p>1-D11 Cheese *V* or  Pepperoni Pizza 2-Sun Butter &amp; Jelly Sandwich *V*</p> <p>Cucumbers</p>	<p><b>7</b></p> <p>1-Creamy Chicken &amp; Biscuit 2-Turkey &amp; Cheese Sandwich</p> <p>Mixed Fruit</p>	<p><b>8</b></p> <p>1-BBQ Chicken &amp; Gordita Bread 2-Cheese Quesadilla *V*</p> <p>Diced Peaches</p>
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</b>				
<p><b>11</b></p> <p>1-Lasagna Roll &amp; Marinara with Breadstick *V* 2-Cheese Nachos *V*</p> <p>Apricots</p>	<p><b>12</b></p> <p>1-D11 Tostada *V*  2-Cinnamon Roll &amp; Sausage</p> <p>Celery Sticks</p>	<p><b>13</b></p> <p>1-D11 Cheese *V* or  Sausage Pizza 2-Yogurt &amp; Bagel w/ Sun Butter *V*</p> <p>Broccoli</p>	<p><b>14</b> <i>Valentine's Day</i></p> <p>1-Turkey with Gravy and Mashed Potatoes with Roll 2-Deli Roll</p> <p>Baked Beans </p>	<p><b>15</b> <i>No School</i></p> 
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</b>				
<p><b>18</b> <i>No School</i></p> 	<p><b>19</b></p> <p>1-Hamburger or Cheeseburger 2-Bean and Cheese Burrito *V*</p> <p>Salsa</p>	<p><b>20</b></p> <p>1-D11 Cheese *V* or  Pepperoni Pizza 2-Sun Butter &amp; Jelly Sandwich *V*</p> <p>Sliced Strawberries</p>	<p><b>21</b></p> <p>1-Teriyaki Chicken with Noodles  2-Sausage and Cheese Muffin</p> <p>Banana</p>	<p><b>22</b></p> <p>1-Roasted Chicken with Dinner Roll 2-Ham and Cheese Sandwich</p> <p>Coleslaw</p>
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</b>				
<p><b>25</b></p> <p>1-Macaroni &amp; Cheese *V* 2-Sun Butter &amp; Jelly Sandwich *V*</p> <p>Corn</p>	<p><b>26</b></p> <p>1-Build Your Own Soft Tacos 2-Yogurt, Cheese Stick &amp; Father's Table Bar *V*</p> <p>Cinnamon Applesauce</p>	<p><b>27</b></p> <p>1-D11 Cheese *V* or  Sausage Pizza 2-Ham and Cheese Sandwich</p> <p>Peas</p>	<p><b>28</b></p> <p> 1-Pancakes and Sausage 2-Deli Roll</p> <p>Cauliflower <i>H</i></p>	<p><b>Healthy Heart</b></p>  <p><b>Healthy You</b></p>
<b>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</b>				

# February 2019

Colorado Springs School District 11  
Colorado Military Academy  
K-5 Lunch Menu

**Meal Prices:**

K-5 Full Price Breakfast	\$1.45
6-12 Full Price Breakfast	\$1.55
Adult Breakfast	\$2.30
Breakfast in the Classroom	FREE
K-12 Reduced Price Breakfast	FREE
K-8 Reduced Price Lunch	FREE
9-12 Reduced Price Lunch	\$.40
K-5 Full Price Lunch	\$2.55
Weekly	\$12.75
Monthly	\$51.00
6-8 Full Price Lunch	\$2.70
Weekly	\$13.50
Monthly	\$54.00
9-12 Full Price Lunch	\$2.95
Weekly	\$14.75
Monthly	\$59.00
Adult Lunch	\$3.80
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.



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<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.Weagri@d11.org](mailto:Kent.Weagri@d11.org).

**Colorado Harvest of the month for February... Cauliflower**

Cauliflower is a member of the *Brassicaceae* family and is a relative to cabbage, brussel sprouts, kale, and broccoli. In fact, the name cauliflower comes from the Latin, *caulis* meaning cabbage. The cauliflower is actually formed by cabbage flowers growing very closely together, unopened, and eventually forming the large clumps that we recognize today. Though cauliflower is typically thought to be white in color, there are varieties that are orange, green, and purple as well.

Cauliflower is thought to have originated in Asia Minor, and it became most popular in France during the 16<sup>th</sup> century. Today we see cauliflower used in many different cuisines. Here in the United States, we often find cauliflower steamed and buttered or covered with cheese sauce. In other countries, cauliflower may be served with tomatoes, as a part of casseroles, or in curries.

The cauliflower is very low in fat, calories, and carbohydrates, but provides high amounts of fiber, folate, and even some vitamin C. Cauliflower also contains phytochemicals, which are thought to help fight against cancer.

When selecting cauliflower, look for compact, white curds with bright green firmly attached leaves. Avoid heads with brown spots or loose sections that spread out.

When storing cauliflower, it is best to refrigerate it in a plastic bag for up to 5 days.  
Source: [www.eatright.org](http://www.eatright.org), [www.fruitandveggiesmorematters.com](http://www.fruitandveggiesmorematters.com), [www.wikipedia.com](http://www.wikipedia.com)

**Physical Activity Topic for February... Jump Rope**

Jumping rope isn't just for the playground--it can be great exercise. Did you know that jumping rope is great for your heart, your muscles, and your lungs? Many athletes, including basketball players, soccer players, gymnasts, and even boxers, use jumping rope as a way to condition their bodies.

The best part of jumping rope is that it takes very little equipment and very little space. In fact, all you need is a rope. Jump ropes are not made of actual rope. There are several different kinds, like regular ropes made of cloth, speed ropes made of skinny cords, or beaded ropes made of elongated plastic beads.

There are lots of different forms of jumping rope as well. Single jumping, where just one person uses one rope and can perform different jumps and tricks, is lots of fun. Challenge your friends to see how many jumps you can each do in a minute or who can jump the longest without a mistake. Double Dutch jumping involves two ropes and many more people. Two people handle the ropes, each taking an end of each of the ropes, swinging the ropes in opposite direction and in large circles. One or more people get into the middle of the swinging ropes to jump and perform tricks. The more people jumping, the more fun it can be.

To make sure that you avoid trips and falls, you need to find the rope that is the right size for you. To test the length, stand in the middle of the rope and pull the handles up so that they fit right under your armpits. When you jump, the rope should just brush the floor under your feet. If the rope doesn't touch the floor, it is too short. If it hits the floor and pools at your feet, it is too long.

Source: [www.cdc.gov/bam](http://www.cdc.gov/bam)