

**Student Meal Prices**  
**Breakfast**  
 Full Price \$1.75  
**Lunch**  
 Full Price \$3.00  
 Reduced Price \$.40  
**Adult Lunch: \$3.50**  
**Milk Only \$.50**



**Employment Opportunities**  
 Looking for the perfect pt/job?  
 Advancement opportunities  
 Call 303.982.6747

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 27 and March 12</b>	<b>February 28 and March 13</b>	<b>February 29 and March 14</b>	<b>March 1 &amp; 15</b>	<b>March 2 &amp; 16</b>
Pizza V Enchilada Casserole Hot Ham & Cheese on Bun PBJ Uncrustable V Crispy Chicken Wrap/Bufalo Chicken Wrap Entrée Salads V Yogurt Parfait V	Turkey & Gravy Country Style Steak Strips <i>Mashed Potatoes</i> Buffalo Tender Hoagie Ham & Cheese Sandwich PBJ Uncrustable V Entrée Salads V Yogurt Parfait V Burger Bar	<i>Colorado Proud March 14</i> <i>BBO Beef on a Bun</i> Pizza V Variety Burrito Sloppy Joe on a Bun PBJ Uncrustable V Cold Cut Combo Entrée Salads V Yogurt Parfait V	Crispy Breaded Chicken <i>Dinner Roll</i> Hot Beef and Cheddar PBJ Uncrustable V Turkey and Cheese Wrap Entrée Salads V Yogurt Parfait V Pasta Bar V	Pizza V Egg Roll w/Rice Hamburger/Cheeseburger PBJ Uncrustable V Ham & Cheese Wrap Entrée Salads V Yogurt Parfait V
<b>March 5 &amp; 19</b>	<b>March 6 &amp; 20</b>	<b>March 7 &amp; 21</b>	<b>March 8 &amp; 22</b>	<b>March 9 &amp; 23</b>
Pizza V Chicken/Sausage Jambalaya Grilled Cheese Sandwich w/Turkey Noodle Soup PBJ Uncrustable V Cold Cut Combo Entrée Salads V Yogurt Parfait V	Chicken Chunks <i>Dinner Roll</i> French Dip Sandwich PBJ Uncrustable V Turkey & Cheese Wrap Entrée Salads V Yogurt Parfait V Burrito Bar V	Pizza V Pig in a Blanket Hot Ham & Cheese on a Bun PBJ Uncrustable V Turkey & Cheese Sandwich Entrée Salads V Yogurt Parfait V	Beefy Nachos BBQ Pulled Pork on a Bun P PBJ Uncrustable V Crispy Chicken Wrap Entrée Salads V Yogurt Parfait V Asian Bar	Pizza V Stuffed Shells or Ravioli, Beef or Cheese Fish Tacos PBJ Uncrustable V Ham & Cheese Wrap Entrée Salads V Yogurt Parfait V
March 26—March 30 SPRING BREAK				

Whole Wheat Dinner Roll is offered daily.  
 Students select one entrée, a variety of sides and milk.  
 A choice of an Entrée Salad is available every day. Choice includes: Chef, SW Chicken, Mandarin Chicken or Vegetarian.  
 V = Vegetarian Entrée  
 P = Items that Contain Pork

Milk is offered with every meal.  
 Milk Choices include 1% unflavored,  
 1% chocolate and unflavored skim.  
 Breakfast items on the menu include juice or fruit and milk.  
 A breakfast option of cereal, fruit or juice is offered daily.  
 Check with your school for breakfast availability.  
 Milk is offered with every meal.

Menus are subject to change due to price and product availability.  
 Reduced Price Breakfast for the 11/12 school year is at No Charge.  
**Manage your child's school lunch account. Prepay by internet by logging on to [www.mypaymentplus.com](http://www.mypaymentplus.com)**  
 or phone 1.866.609.0949  
 In accordance with federal Law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, DC 20250 -9410 or call 800.795.3272 or 202.720.6382 (voice and TDD). USDA is an equal opportunity provider and employer.

Brain Foods for Teens  
 Teens can eat several kinds of healthy foods that help stimulate mental activity. According to FamilyEducation.com, the more colorful fruits and vegetables are, the more nutritious they are for the body. Spinach helps improve learning and motor skills, while eggplant skins contain the antioxidant nasunin, which helps improve focus. Broccoli is a good brain food because it has a high level of vitamin K, which supports cognitive function. Eggs are an easy-to-cook food for teens that contain the nutrient choline, which helps to stimulate the memory center of the brain. Yogurt is another healthy snack that contains calcium and the amino acid tyrosine, which is a precursor to the neurotransmitter dopamine. Teens may also enjoy snacking on acai berries and blueberries, which are loaded with antioxidants. Blueberries have also been shown to reverse the effects of Alzheimer's disease, dementia and can reverse brain decline and help improve memory. FamilyEducation.com also recommends walnuts, cashews, sunflower seeds, pecans and almonds to help boost and protect mental activity.

Read more: <http://www.livestrong.com/article/278922-nutrition-tips-for-teenagers/#ixzz1k2DAwBTU>