

# SEPTEMBER



**(FOOD FOR THOUGHT)**  
Did you know that gardening makes you smarter? Studies show that increased physical activity gives your brain a boost!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LABOR DAY

1

2 Natural Pepperoni Pizza  
Cheese Pizza  
Natural Meatball Sub

3 Chicken Eggroll with Veggie Fried Rice  
Toasted Cheese/GF Cheese\* Sandwich

4 Natural Beef Nachos\* with Cheese Sauce  
Bean Nachos\* with Cheese Sauce  
Fiesta Corn\*

5 Natural Hot Dog\*  
Sweet Potato Black Bean Poblano Enchilada

6

7

8 Natural Pepperoni Pizza  
Cheese Pizza  
Toasted Turkey and Cheese Sandwich

9 Centennial Chicken\* Street Tacos  
Fireside Broccoli Cheese Stuffed Potato\* with Biscuit  
Mexican Rice\*  
 Fresh Tomato Pico De Gallo\*

10 Calicrate Natural Hamburger\*  
LaCasita Green Chile and Cheese Tamale\*  
Local Corn on the Cob  
COLORADO PROUD DAY

11 BBQ Pulled Pork\* Sandwich  
Macaroni and Cheese

12 Roasted Turkey,\* Biscuit and Gravy  
Nederland Quinoa Patty\* with Biscuit  
Mashed Potatoes\* and Gravy

13

14

15 Natural Pepperoni Pizza  
Cheese Pizza  
Natural Meatball Sub

16 Natural Hot Dog\*  
Cheese/GF Cheese\* Quesadilla

17 Natural Beef Nachos\* with Cheese Sauce  
Bean Nachos\* with Cheese Sauce  
Mexican Rice\*

18 Oven Fried Chicken with Biscuit  
Toasted Cheese/GF Cheese\* Sandwich  
 Fresh Tomato Cucumber Salad\*

19 Chicken Potstickers with Fried Rice  
Polenta and Roasted Veggies\*

20

21

22 Cheese Pizza  
 Pesto Pizza with Fresh Colorado Tomatoes  
Black Bean Veggie Burger  
ELEM. ASSESSMENT DAY

23 Natural Hamburger\*  
Crispy Teryaki Tofu and Rice Bowl\*  
Oven Baked Fries\*

24 Spaghetti Marinara and Meatballs  
Spaghetti Marinara  
 Fresh Tomato Cucumber Salad\*

25 Roasted Turkey,\* Biscuit and Gravy  
Cheese Ravioli and Breadstick  
Mashed Potatoes\* and Gravy

26 Chicken Burrito  
Bean and Cheese Burrito  
Refried Beans\*

27

28  
Allergen information at [www.bvsd.org/food](http://www.bvsd.org/food)

29 Natural Pepperoni Pizza  
Cheese Pizza  
Pulled Pork\* Sandwich

30 Natural Hot Dog\*  
Falafel\* with Pita Bread  
BBQ Baked Beans\*