

Harvest of the Month

~ Onions ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Grilled Cheese Sandwich w/Tomato Soup Carrot Sticks Apple Slices	5 Buffalo Chicken Salad Celery sticks Apple Slices Roll	6 Meatloaf* Mashed Potatoes Green Beans Pears Roll	7 Chicken Parmesan* Dark Salad Green Tomato Snap Peas Pears	8 Hard shell tacos (H)* Pinto beans Shredded lettuce Savory rice Fresh oranges
11 Sloppy Joe* Sweet Waffle Fries Mixed Veggies Applesauce	12 Mac n Cheese Steamed Broccoli Cherry Tomatoes Fruit Cocktail	13 Fish sandwich Baked beans Carrot sticks Fruit cocktail	14 Pizza* Dark Salad Greens Cherry Tomatoes Pears	15 Chili* Steamed Cauliflower Peaches Roll
18 NO SCHOOL	19 BBQ Pork Sandwich* Baked Beans Coleslaw Peaches Pumpkin Bread	20 Baked Potato w/Ham & Cheese Steamed Broccoli Apple Slices Roll	21 Meatball Sub* Sweet Waffle Fries Celery Sticks Peaches	22 Fish sandwich Green Beans Carrot sticks Fruit cocktail
25 Spaghetti w/meat sauce(H)* Dark Salad Greens Cherry Tomatoes Sliced bread Pineapple	26 Chicken enchilada casserole (H)* Black beans Spanish rice Grapes	27 Hot Dogs Sweet Waffle Fries Carrot Sticks Fruit Cocktail	28 Chicken tetrazzini (H)* Fresh broccoli Cucumber Slices Sliced bread Fresh apple	29 Deli Wrap Herb Potato Wedges Celery Cinnamon Applesauce
30 Fish sandwich Green beans Carrot sticks Fruit cocktail			All meals served with milk. We serve natural, grass-fed, Colorado beef. (H) = made from scratch (L) = Colorado-sourced * = Harvest of the Month	 

January 2016

Crested Butte Community School
 Harvest of the Month menus provided by Mountain Roots

RE1J Meal Prices:

PK-12 Full Price Breakfast	\$2.80
PK-12 Reduced Price Breakfast	FREE
Adult Breakfast	\$3.00
PK-5 Reduced Lunch	FREE
6-12 Reduced Lunch	.40
PK-12 Full Price Lunch	\$3.35
Weekly	\$16.75
Monthly	\$67.00
Adult Lunch	\$4.75
White Milk	\$.50
Flavored Milk	\$.50
* MENU SUBJECT TO CHANGE *	

Lunch includes an entrée, fruit, whole grain, vegetable, and milk.

Hot Breakfast is served daily in the Gunnison Schools. Titan Time is served at Crested Butte Community School.

Fresh Salads are available daily for those who can purchase a la carte.

Free and Reduced Meal applications are available at all school sites.

Join your child for lunch at school any day of the week. Call 641-7720 in CB and 641-7710 x 4018 in Gunnison.

Baked Onion Rings

Ingredients

1 ½ cups bread crumbs ½ teaspoon seasoned salt ¼ teaspoon garlic powder
2 large onions 2 eggs, beaten

Instructions

- 1 Combine bread crumbs, seasoned salt, and garlic powder, and set aside.
- 2 Combine eggs, and beat till frothy
- 3 Slice onions into rings. Dip onion rings into egg mixture, and then into bread crumbs.
- 4 Arrange in single layer on a baking sheet (sprayed with cooking spray). Bake in oven at 375 for 20 minutes.

French Onion Soup

Ingredients

6 large red or yellow onions (about 3 pounds), peeled and thinly sliced root to stem
4 Tbsp Olive oil 2 Tbsp butter 1 teaspoon of sugar Salt 2 cloves garlic, minced
8 cups of beef stock, chicken stock, or a combination of the two
2 bay leaves 2 teaspoons of dry thyme or 4 teaspoons of fresh thyme
½ teaspoon freshly ground black pepper
8 inch-thick slices of French bread or baguette
1 ½ cups of grated Swiss Gruyere and a sprinkling of Parmesan

Instructions:

1. In a 5 to 6 quart thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions and toss to coat with the olive oil. Cook the onions, stirring often, until they have softened, about 15 to 20 minutes. Increase the heat to medium high. Add the remaining tablespoon of olive oil and the butter and cook, stirring often, until the onions start to brown, about 15 more minutes. Then sprinkle with sugar (to help with the caramelization) and 1 teaspoon of salt and continue to cook until the onions are well browned, about 10 to 15 more minutes. Add the minced garlic and cook for a minute more.
2. Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes. Season to taste with more salt and add freshly ground black pepper. Discard the bay leaves. Add brandy if using.
3. While the soup is simmering, line a sheet pan with parchment paper or foil and preheat the oven to 450°F with a rack in the upper third of the oven. Brush both sides of the French bread or baguette slices lightly with olive oil (you'll end up using about a tablespoon and a half of olive oil for this). Put in the oven and toast until lightly browned, about 5 to 7 minutes. Remove from oven.
4. Turn the toasts over and sprinkle with the grated Gruyere cheese and Parmesan. Return to oven when it's close to serving time and bake until the cheese is bubbly and lightly browned.
5. To serve, ladle soup into a bowl and transfer one cheesy toast onto the top of each bowl of soup.

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture 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 to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington DC 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

FARM TO SCHOOL is a program of Mountain Roots Food Project, a local non-profit that works to cultivate a resilient local food system in Gunnison Valley. Volunteering with Mountain Roots is a great way to "give back" to the community and to help build a healthy future for our kids and our community. Join our Farm to School teams at GCS or CBGS – we meet monthly to plan school gardens, farm field trips, guest chefs in the classroom, and nutrition / environmental education activities for K-12 students. Contact F2S@mountainrootsfoodproject.org and get involved today! Farm to School is funded in part by CFGV, The Culinary Trust, the Harris Foundation, Gunnison and CB Rotary Clubs, and private donations.

Colorado Harvest of the month for January... ONION

The onion is believed to have originated in Asia, though it is likely that onions may have been growing wild on every continent. Dating back to 3500 BC, onions were one of the few foods that did not spoil during the winter months.

Today, common varieties of onions include: spring/summer, storage, and pearl onions. They also come in various colors: yellow, red, and white. Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor. The red onion, with its wonderful color, is a good choice for fresh uses or in grilling and char-broiling. White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.

Onions should be kept in a cool, dry open space away from bright light. Onions do best in an area that allows for air circulation. Because onions absorb moisture, do not store onions below the sink. Also, do not place onions near potatoes because potatoes give off moisture and produce a gas that causes onions to spoil more quickly. Spring/summer onions usually store for about two weeks and storage onions for about three to four weeks.

Look for onions that feel dry and solid all over, with no soft spots or sprouts. Onions should smell mild, even if their flavor is not. Avoid selecting onions with green areas or dark patches.

Onions are a source of vitamin C, potassium, dietary fiber and folic acid. They also contain calcium and iron; are low in sodium and contain no fat.

Source: www.fruitandveggiesmatter.gov

Physical Activity Topic for January...

Four Elements of Physical Fitness

Regular physical activity is an important part of overall health and of cardiovascular health in particular. Being physically fit helps fight off disease, improves the strength of the heart and the efficiency of circulation, improves breathing and enhances self-image. It also aids posture, firms muscles and helps reduce excess weight.

An effective fitness program focuses on four fitness elements: muscle strength, muscle endurance, flexibility and cardiovascular endurance. These elements can be pursued not only through traditional sports but also through individual activities, such as skating and jumping rope, and everyday activities, such as gardening and climbing stairs.

Cardiovascular endurance can best be improved through effective aerobic activity — any continuous exercise that involves the arm and leg muscles and makes the heart beat faster. For maximum benefit to the heart, lungs and circulation, perform moderate to vigorous activity for a total of at least 30–60 minutes per day on most or all days of the week. Programs designed to improve cardiovascular fitness take into account frequency, intensity and time/ duration.

The FIT Formula

F = Frequency (days per week)

I = Intensity (how hard — easy, moderate, vigorous)

T = Time (amount for each session or day)

Source: www.americanheart.org



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Gunnison Watershed School District RE1J
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