

# February Weld Re8 Schools menu

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The Weld School District Re-8 does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. A lack of English language skills will not be a barrier to participation and admission in any Weld School District Re-8 program. The following person has been designated to handle inquiries regarding the non-discrimination policies: Superintendent of Schools, Weld School District Re-8, 301 Reynolds Street, Fort Lupton, CO 80621 Phone: 303-857-3200</p>		<p><b>Breakfast</b> 1 Sausage Biscuit Fresh Orange <b>Lunch</b> Turkey Gravy Mashed Potatoes Wheat Dinner Roll Fruit Salad</p>	<p><b>Breakfast</b> 2 Breakfast Bar Apple Juice <b>Lunch</b> Chicken Soft Taco Refried Beans Celery Sticks Fresh Fruit</p>	<p><b>Breakfast</b> 3 Muffin, Yogurt Fresh Fruit <b>Lunch</b> Italian Sub Sandwich Tossed Salad Sunflower Seeds Fruit</p>	
	<p><b>Breakfast</b> 6 Breakfast Pizza Orange Juice <b>Lunch</b> Mandarin Chicken Steamed Brown Rice California Veggies Fruit Mix</p>	<p><b>Breakfast</b> 7 WG Biscuit w/ Sausage, Orange <b>Lunch</b> Crispito Sweet Potato Bread Pintos &amp; Cheese Fresh Fruit</p>	<p><b>Breakfast</b> 8 Breakfast Round Fruit <b>Lunch</b> Baked Ziti WW Breadstick Celery Sticks Fruit Salad</p>	<p><b>Breakfast</b> 9 Breakfast Burrito Apple Juice <b>Lunch</b> Chef's Salad w/Avocado, WG Biscuit, String Cheese, Fruit</p>	<p><b>Breakfast</b> 10 Sun Morning Mix Ups, Yogurt, Fruit <b>Lunch</b> Whole Grain Pizza Baby Carrots Sunflower Seeds Fresh Fruit</p>
	<p><b>Breakfast</b> 13 Breakfast Quesadilla Orange Juice <b>Lunch</b> Twin Tacos w/Pintos Lettuce, Onion, Salsa Corn Bread Fruit</p>	<p><b>Breakfast</b> 14 Whole Grain French Toast, Spiced Apples <b>Lunch</b> Cheeseburger Potato Wedges Baby Carrots Fresh Fruit Salad</p>	<p><b>Breakfast</b> 15 WW Bagel w/Ham &amp; Cheese, Orange <b>Lunch</b> WG Mac-n-Cheese with diced Ham Green Beans Fruit Mix</p>	<p><b>Breakfast</b> 16 Breakfast Bar Apple Juice <b>Lunch</b> Ranch Chicken Salad Cheese Stick, Whole Grain Biscuit, Fresh Fruit</p>	<h1>No School</h1>
	 <h1>No School President's Day</h1>	<p><b>Breakfast</b> 21 Maple Pancakes Mixed Fruit <b>Lunch</b> Turkey Gravy Mashed Potatoes WG Dinner Roll Fruit Salad</p>	<p><b>Breakfast</b> 22 Sausage Biscuit Fresh Orange <b>Lunch</b> WG Italian Sub Fresh Veggies Sunflower Seeds Fresh Fruit</p>	<p><b>Breakfast</b> 23 Breakfast Burrito Apple Juice <b>Lunch</b> WG Chicken Fajitas Gaucamole, Lettuce, Salsa, Spanish Rice Applesauce</p>	
		<p><b>Breakfast</b> 27 Breakfast Quesadilla Orange Juice <b>Lunch</b> Hot Dog on WW Bun Baked Beans Celery Sticks Fruit</p>	<p><b>Breakfast</b> 28 Sausage Biscuit Fresh Orange <b>Lunch</b> Beef Soft Taco (WG) Pintos &amp; Cheese Baby Carrots Fresh Fruit</p>	<p><b>Breakfast</b> 29 Breakfast Round Berry Blend <b>Lunch</b> WG Chicken Penne WG Bread Steamed Broccoli Fruit</p>	<p><b>February Recipe Contest</b> This month's challenge: A delicious, whole wheat bread product to go with the Chicken Penne meal. Give your ideas or recipes to your kitchen manager at school. Who knows, it may make it onto the menu!</p>

## Avocado

California Avocados are a fresh, natural, wholesome part of a healthful diet. They're irresistibly rich in flavor and, avocados also provide vital nutrients and phytochemicals. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins and folic acid. They also act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha and beta-carotene and lutein, in foods that are eaten with the fruit.

© Learning ZoneXpress • 1.888.455.7003 • www.learningzonexpress.com

## Contest

