


April

Weld Re8 Schools menu

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|--|---|--|--|
| <p>Breakfast 2</p> <p>Breakfast Quesadilla Orange Juice</p> <p>Lunch</p> <p>Hot Dog on WW Bun Baked Beans WG Cherry Dessert Fruit</p> | <p>Breakfast 3</p> <p>Maple Pancakes Mixed Fruit</p> <p>Lunch</p> <p>Baked Ziti WW Breadstick Green Beans Fruit Salad</p> | <p>Breakfast 4</p> <p>Sausage Biscuit Fresh Orange</p> <p>Lunch</p> <p>Chicken Sandwich Tossed Salad Sunflower Seeds Fruit</p> | <p>Breakfast 5</p> <p>Manager's Choice</p> <p>Lunch</p> <p>Manager's Choice</p> | <p>NO</p> <p>School</p> | |
| <p>NO</p> <p>School</p> | <p>Breakfast 10</p> <p>Sausage Biscuit Fresh Orange</p> <p>Lunch</p> <p>Beef Soft Taco (WG) Refried Beans Baby Carrots Fresh Fruit</p> | <p>Breakfast 11</p> <p>Omelet Fresh Orange</p> <p>Lunch</p> <p>Turkey Gravy Mashed Potatoes Wheat Dinner Roll Fruit Salad</p> | <p>Breakfast 12</p> <p>Breakfast Round Apple Juice</p> <p>Lunch</p> <p>Chef Salad WG Blueberry Bread Cheese Stick Fresh Orange</p> | <p>Breakfast 13</p> <p>Muffin, Yogurt Fresh Fruit</p> <p>Lunch</p> <p>Bowl of Chili WW Cinnamon Roll Fresh Veggies Fruit</p> | |
| <p>Breakfast 16</p> <p>Breakfast Quesadilla Orange Juice</p> <p>Lunch</p> <p>Spaghetti Garlic Breadstick Tossed Salad Fruit Mix</p> | <p>Breakfast 17</p> <p>Whole Grain French Toast, Spiced Apples</p> <p>Lunch</p> <p>Burrito w/gr. chili Spanish Rice Baby Carrots Fresh Fruit</p> | <p>Breakfast 18</p> <p>Breakfast Round Fresh Orange</p> <p>Lunch</p> <p>Roasted Chicken Baked Potato Wheat Roll Fruit</p> | <p>Breakfast 19</p> <p>Maple Pancakes Mixed Fruit</p> <p>Lunch</p> <p>Ham Sub Sandwich WG Cookie Baby Carrots Fruit Salad</p> | <p>Breakfast 20</p> <p>Sun Morning Mix Ups, Yogurt, Fruit</p> <p>Lunch</p> <p>Bosco Sticks Yogurt Fresh Veggies Fruit</p> | |
| <p>Breakfast 23</p> <p>Breakfast Burrito Orange Juice</p> <p>Lunch</p> <p>Mandarin Chicken Steamed Brown Rice California Veggies Fruit Mix</p> | <p>Breakfast 24</p> <p>WG Biscuit w/ Sausage, Orange</p> <p>Lunch</p> <p>Crispito Sweet Potato Bread Pintos & Cheese Fresh Fruit</p> | <p>Breakfast 25</p> <p>Breakfast Round Fruit</p> <p>Lunch</p> <p>WG Italian Sub Fresh Veggies Sunflower Seeds Fruit Salad</p> | <p>Breakfast 26</p> <p>Breakfast Bar Apple Juice</p> <p>Lunch</p> <p>Ranch Chicken Salad Cheese Stick Whole Grain Biscuit Fruit</p> | <p>Breakfast 27</p> <p>Sun Morning Mix Ups, Yogurt, Fruit</p> <p>Lunch</p> <p>Fish Sticks Corn Bread Coleslaw Fresh Fruit</p> | |
| <p>Breakfast 30</p> <p>Manager's Choice</p> <p>Lunch</p> <p>Manager's Choice</p> | <p>Harvest of the Month – CELERY</p>  | | | <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> | |

CELERY

Swim in flavor and get HOOKED on fruits and vegetables.

Celery leaves have are high in vitamin A, while the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids. The natural organic sodium (salt) in celery is very safe for consumption; in fact it is essential for the body. Even individuals who are salt-sensitive can safely take the sodium in celery, unlike table salt (iodized sodium) which is harmful for those with high blood pressure. While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking.

<http://www.juicing-for-health.com/health-benefits-of-celery.html>

