



April 2019

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 g of dietary fiber, which can improve your overall digestive health.



Monday

Tuesday

Wednesday

Thursday

Friday

1
GRAB & GO
BREAKFAST MEAL

2
CEREAL, Honey
Nut Cheerios
Carrot Sticks
Fresh Oranges
Yogurt, 4 oz cup

3
Freshly Made
CINNAMON ROLLS
Fresh Fruit (2)

4
BREAKFAST PIZZA
Fresh Fruit

5
CEREAL
Apple Juice
Fresh Fruit
Cheese Stick, Mozz

8
MUFFIN, Choc. Chip
Apple Crisps
Fresh Oranges

9
CEREAL,
Alpha Bits
Celery Sticks w/PB
Cup
Juice

10
COOK'S CHOICE

11
BREAKFAST
BURRITO
Fresh Fruit
Apple Juice

12
WAFFLES,
SNACK'N
Baby Carrots
Applesauce cup

15
PB&J POCKET
Fresh Fruit
Juice

16
BREAKFAST
PIZZA
Fresh Fruit

17
BREAD SLICE,
BLUEBERRY
Fresh Fruit
Juice

18
CEREAL,
CT Crunch
Fresh Fruit (2)

19
EASTER BREAK


22


23
BREAKFAST
BURRITO
Apple Juice
Fresh Fruit

24
CEREAL BAR
Cheese Stick
Celery Sticks
Applesauce Cup

25
PANCAKES,
Fresh Fruit
Orange Juice
Syrup, PC

26
STUFFED
CHEESE STICK
Fruit Cup
Fresh fruit

29
COOK'S CHOICE

30
Honey Nut
Cheerios
Carrot Sticks
Fresh Oranges
Yogurt, 4 oz cup

Announcements

VIEW MENUS AT:

<http://belen.healtheliving.net>

All meals are served with choice of milk; 1% White Milk, or Fat Free Milk or Strawberry or Chocolate. (Soy milk available for student's with doctor's note.)

Menus are subject to change due to delivery shortages from our distributors.

View nutritional information on our new website:

<http://belen.healtheliving.net>

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Meal Prices

ELEMENTARY MENU



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