



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
CLUB SANDWICH
(T, H & RB w/CH)
Lettuce & Tomato Slices
Zucchini Coins
Applesauce

2
CHEESEBURGER
Lettuce & tomato
Fries, Oven Baked
Orange Juice

3
TACOS
Pinto Beans
Garnish, Lettuce &
tomato, Salsa
Frozen Fruit Cup

4
CHICKEN
TENDERS
Mashed Potatoes
Gravy, dinner roll
Cut Green Beans
Fresh Fruit

5
COOK'S
CHOICE

8
HOT HAM &
CHEESE SANDWICH
Lettuce & Tomato Slices
Fresh Veggie Sticks
Frozen Peach Cup

9
SPAGHETTI
Garlic Toast
Tossed Green Salad
Fresh Apple Slices

10
CHICKEN
ENCHILADAS
Pinto Beans
Spanish Rice
Fruit Jello

11
TANGERINE
CHICKEN
Oriental Vegetables
Pineapple Tidbits
Fried Brown Rice
Fortune Cookie

12
BEAN BURRITO
Lettuce & tomato,
Salsa
Spanish Rice
Fruit Pouch, Ice Dog

15
HOT DOG
Fries, White & Sweet
Baked Beans
Fresh Apple

16
COOK'S
CHOICE

17
FRITO PIE
Lettuce & tomato
Potato Rounds
Orange Juice

18
PIZZA,
BIG DADDY
Salad, tossed
Fresh Fruit



23
DRUMSTICK
Mashed Potatoes/Gravy
Cut Broccoli
Fresh Apple Slices
ROLL, WW

24
CHICKEN
FAJITAS
Salsa
Carrot Sticks
Fresh Fruit
Spanish Rice

25
NACHOS
Lettuce & tomato
Fresh Veggie Sticks
Pinto Beans
Mixed Fruit

26
TURKEY &
CHEESE
SANDWICH
Lettuce, Tomato
Cucumber Slices
Fresh Oranges

29
QUESADILLA,
CHEESE
Lettuce & Tomato Slices
Salsa, Spanish Rice
Applesauce

30
CHEESEBURGER
Lettuce & tomato
Fries, Oven Baked
Orange Juice

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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**ELEMENTARY
MENUS**

Meal Prices



MILK CHOICES AVAILABLE DAILY