



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

PANCAKE ON A STICK **1**
 or GRAB & GO BFST Pack
 Fresh Strawberries
 Apple Juice

CEREAL, **2**
 Honey Nut Cheerios
 or Oatmeal Bar
 Carrot Sticks
 Fresh Oranges
 Yogurt, 4 oz cup

Fresh Made **3**
 CINNAMON ROLLS
 or Waffles, Snack'n
 Fresh Fruit
 Craisins

BREAKFAST PIZZA **4**
 or Egg Omelet & Toast
 Fresh Fruit Choices
 Apple Juice

MINI WHEATS **5**
 or Breakfast Apple Bar
 Cheese Stick, Colby
 Fresh Fruit
 Apple Juice

8
 MUFFIN, Choc. Chip
 or Pancakes
 Juice
 Apple Crisps

9
 ALPHA BITS
 or Pop Tarts
 Celery Sticks
 w/peanut butter pc
 Frozen Peach Cup

10
 COOK'S CHOICE

11
 BREAKFAST BURRITO
 or Muffin
 Fresh Fruit
 Orange Juice

12
 WAFFLES
 or Apple Cinnamon
 Crumble
 Baby Carrots
 Frozen Strawberry Cup

15
 PB&J POCKET
 or Breakfast Apple Bar
 Fresh Fruit Choices
 Juice

16
 BREAKFAST PIZZA
 or Cereal, 2 oz
 Fresh Fruit
 Fresh Apple Slices

17
 BLBRY BREAD SLICE
 or Banana Bread Slice
 Fresh Fruit
 Applesauce Cup

18
 CEREAL **or** Pop Tarts
 Celery Sticks w/
 Peanut Butter PC
 Fresh Fruit

19
 Happy Easter!


22


23
 B PIZZA **or** APPLE JACKS
 Celery Sticks w/Peanut
 Butter Cup
 Applesauce Cup

24
 CEREAL BAR **or** Muffin
 or NG Bar
 Apple Slices
 Cheese Stick, Mozz
 Fresh Apple Slices

25
 PANCAKES
 or Oatmeal Bar
 Cheese Stick, Mozz
 Fresh Fruit
 Frozen Strawberry
 Cup

26
 STUFFED CHEESE STICK **or**
 Banana Bread
 Fresh Fruit
 Orange Juice

29
 COOK'S CHOICE

30
 Honey Nut Cheerios **or**
 Oatmeal Bar
 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>

BCS/USDA is an equal opportunity employer.

In accordance with Federal Law & USDA, this institution is prohibited from discriminating on the basis of color, race, sex, age, political beliefs or disability. To file a complaint of discrimination call (202)720-5964

Meal Prices

SECONDARY MENUS

