



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

CLUB SANDWICH **1**
Or PIZZA
Applesauce
Fresh Oranges

CHEESEBURGER **2**
or Pizza,
Lettuce & Tomato
Fries, Oven
Orange Juice
Seasonal Fruit

Beef Tacos **or**
Bean Tostadas, **3**
Salsa
Lettuce & tomato
Pinto Beans
Fresh Oranges

CHICKEN TENDERS
w/ a Roll, **or** **4**
Chicken Sandwich
Mashed Potatoes
Cut Green Beans
Fresh Apple Slices

COOK'S CHOICE **5**
 $\frac{3}{4}$ c veggies
2 fruit

HOT HAM & CHEESE
SANDWICH **or** **8**
Turkey & Cheese
Sandwich
Lettuce & Tomato Slices
Fresh Veggie Sticks
Peach CUP

SPAGHETTI **or**
Chicken Alfredo **9**
Garlic Bread
Cut Green Beans
Tossed Gr Salad
Fruit

CHICKEN Enchilada
or Tacos **10**
Lettuce & tomato
Pinto Beans
Spanish Rice
Fresh Fruit
Fruit Jello

TANGERINE **11**
or Cherry Blossom
Chicken, Roll
Oriental Vegetables
Fried Brown Rice
Pineapple tidbits

BEAN BURRITO **or** **12**
Tacos
Salsa, Corn
Spanish Rice
Fresh Fruit

HOT DOG **or** **15**
Hamburger
Baked Beans
Fries, White & Sweet
Fresh Fruit
Fresh Apple Slices

COOK'S CHOICE **16**
 $\frac{3}{4}$ c veggies
2 fruit

FRITO PIE **or** **17**
Chili Beans &
Cornbread
Lettuce & tomato
Potato Rounds
Fresh Apple Slices
Orange Juice

PIZZA,
Big Daddy **or** **18**
Garlic Cheese Bread
Tossed Green Salad
Cherry Tomatoes
Canned & Fresh Fruit



DRUMSTICK **or** **23**
Chicken Tender
Sandwich
Mashed Potatoes/Gravy
Broccoli, steamed
Fruit

CHICKEN FAJITAS
or Chicken Taco, **24**
Lettuce & Tomato
Salsa
Pinto Beans
Fresh Fruit Choices

NACHOS **or** **25**
Taco Burger
Lettuce & tomato
Pinto Beans
Fresh Fruit Choices

BBQ PORK
SLIDERS **OR** **26**
HAMBURGER
SLIDERS (2)
Potato Rounds
Baked Beans
Fresh Fruit

QUESADILLA **29**
Or BEAN BURRITO
Salsa
Spanish Rice
Fruit Choices
Applesauce cup

CHEESE
BURGER **30**
or PIZZA,
Lettuce & Tomato
Oven Baked Fries
Orange Juice, Fruit

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

**SECONDARY
MENUS**

ALSO SERVE:
Choices of Milk
Fresh Fruit Choices
Turkey, Ham or Roast Beef
Deli Sandwich, Pizza &
Chef Salads.