



December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!

May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 03 PB&J POCKET Fresh Fruit -& Applesauce Cup | 04 BREAKFAST PIZZA Dried Apple Crisps Fresh Fruit | 05 BREAD SLICE Fresh Fruit Juice | 06 CEREAL, CT Crunch 2 oz Fresh Fruit - 2 choices | 07 SAUSAGE PATTY On WW ROLL Orange Juice Fresh Apple Slices |
| 10 BREAKFAST BURRITO Apple Juice Fresh Fruit | 11 APPLE JACKS PB Cup Celery Sticks Applesauce Cup | 12 PANCAKES, MINI Fresh Fruit Orange Juice | 13 MINI WHEATS Cheese Stick Fresh Fruit- 2 choices | 14 BOSCO STICK Fresh Fruit- 2 choices |
| 17 PANCAKE ON A STICK Apple Juice Fresh fruit | 18 CEREAL, Honey Nut Cheerios Carrot Sticks Fresh Oranges | 19 MINI CINNIS Fresh Fruit -2 choices Applesauce Cup | 20 ALPHA BITS Apple Juice Fresh Fruit | 21 COOK'S CHOICE Applesauce Cups Orange Juice |
| 24 | 25 | 26 | 27 | 28 |
| 31 Happy New Year's Eve | | | | |

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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 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

