



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT DOG **03**  
FRIES, sweet/reg  
Baked Beans  
Canned Peaches

Lasagna **04**  
Tossed Salad  
GreenBeans  
Flavored Applesauce  
ROLL, WW

BEAN BURRITO **05**  
Salsa, Garnish  
Mexicali Corn  
Spanish Rice  
Fresh Fruit

PIZZA, **06**  
SCHOOL made  
Fresh Veggie Sticks  
Ranch for dipping  
Fresh Fruit

Brookwood **07**  
BBQ Pork  
Fries-baked  
Tossed Salad  
Canned Peas

Deli Sandwich **10**  
Turkey, Ham, Roast  
Beef, Cheese  
Lettuce & Tomato  
Cucumber Slices  
Fresh Oranges

DRUMSTICK **11**  
Mashed Potatoes  
Cut Broccoli  
Roll  
Canned Mxd fruit

CHICKEN FAJITAS **12**  
w/fajita blend veggies  
Salsa  
Spanish Rice  
Frozen Fruit Smoothie

Nachos **13**  
Garnish  
Fresh Veggie Sticks  
Pinto Beans  
Fresh Fruit

Hamburger **14**  
Sliders (2)  
Potato Rounds  
Baked Beans  
Canned Peaches

Carne ADOVADA **17**  
Tots ¼ cup  
TORTILLA, WG 6"  
Vegetables ½ c  
Spanish Rice  
Applesauce

TACOS **18**  
Pinto Beans  
Lettuce & tomato  
Salsa  
Canned Fruit

CHICKEN NUGGETS **19**  
Roll  
Mashed Potatoes  
Cut Green Beans  
Apple Slices

PIZZA **20**  
Cauliflower Florets  
Broccoli Florets  
Ranch for dipping  
Frozen Fruit Smoothie  
Cupcake

**21**  
COOK'S CHOICE  
Canned Fruit



**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".

## 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



**Lunch Menu**