



## 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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PB&J POCKET **03**  
or Apple Frudel Bar  
Fresh Fruit -2  
choices

BREAKFAST **04**  
PIZZA or Cereal,  
FF  
Dried Apple Crisps  
Fresh Fruit

BREAD SLICE **05**  
English Muffin w/  
cream cheese  
Fresh Fruit -Juice

CEREAL, CT **06**  
Crunch or Pop Tarts  
Fresh Fruit-2  
choices

SAUSAGE PATTY **07**  
on WW ROLL or  
Nutri Grain Cereal Bar  
Orange Juice  
Fresh Apple Slices

BREAKFAST **10**  
BURRITO or  
Cereal, CT Crunch  
Apple Juice  
Fresh Fruit

APPLE JACKS **11**  
PB Cup or  
Bagel Bites  
Celery Sticks  
Applesauce Cup

PANCAKES, MINI **12**  
or BC Oatmeal Bar  
Fresh Fruit  
Orange Juice

MINI WHEATS  
Cheese Stick or **13**  
Cereal Bar, Cocoa  
Krispie  
Fresh Fruit- 2  
choices

BOSCO STICK **14**  
Banana Bread  
Fresh Fruit- 2  
choices

PANCAKE ON A  
STICK or Cereal, **17**  
Mini Wheats &  
Toast  
Apple Juice  
Fresh fruit

CEREAL, Honey,  
Nut Cheerios or **18**  
Granola Bar  
Yogurt  
Carrot Sticks  
Fresh Oranges

MINI CINNIS or **19**  
Waffles, Snack'n  
Fresh Fruit -2  
choices

ALPHA BITS **20**  
or Apple Frudel Bar  
Apple Juice  
Fresh Fruit

**21**  
COOK'S CHOICE  
Applesauce Cups  
Orange Juice

Enjoy Winter Break! **24**  


wishing you a  
Happy  
Holiday  
season! **25**  


 **26**

 **27**

 **28**

**31**  
Bring on  
the  
NEW YEAR!  


