

BELEN CONSOLIDATED SCHOOLS

Health.e  
LIVING



# December

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT DOG or 03  
Burger  
Fries  
Baked Beans  
Canned Peaches

LASAGNA or 04  
Chicken Alfredo  
Tossed Salad  
Green Beans  
Flavored Applesauce  
ROLL, WW

BEAN BURRITO 05  
Garnish or Tacos  
Mexicali Corn  
Spanish Rice  
Fresh Fruit

PIZZA, SCHOOL 06  
made fresh or Garlic  
French Bread  
Fresh Veggie Sticks  
Fresh Fruit

BBQ PORK or 07  
Meatball Sub  
Fries, Oven  
Tossed Green Salad  
Roll  
Canned Peas

Deli Sandwich 10  
Turkey, Ham, Roast  
Beef, Cheese or  
Turkey Wrap  
Lettuce & Tomato  
Cucumber Slices

DRUMSTICK 11  
Roll or Spicy Chicken  
Sand  
Mashed Potatoes  
Broccoli  
Mxd fruit,cnd

CHICKEN FAJITAS 12  
or Chicken Tacos  
Salsa, Carrot Sticks  
Spanish Rice  
Frozen Fruit Smoothie

Nachos or Taco 13  
Burgers  
Garnish  
Fresh Veggie Sticks  
Pinto Beans  
Fresh Fruit

Hamburger Sliders 14  
(2) or Corn Dog  
Potato Rounds  
Baked Beans  
Canned Peaches

CARNE ADOVADA or 17  
Bean & Cheese Burrito  
Tots ¼ cup  
Vegetables ½ c  
Spanish Rice  
Applesauce

TACOS or 18  
Tostadas  
Pinto Beans  
Garnish  
Salsa  
Canned Fruit

CHICKEN NUGGETS 19  
or Drumstick  
Roll  
Mashed Potatoes  
Cut Green Beans  
Apple Slices

PIZZA or Garlic 20  
French Bread  
Cauliflower Florets  
Broccoli Florets  
Ranch for Dipping  
Frozen Fruit Smoothie  
Cupcake

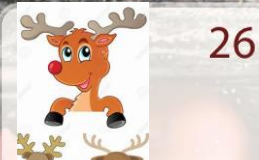
COOK'S CHOICE 21  
Canned Fruit  
Milk



24



25



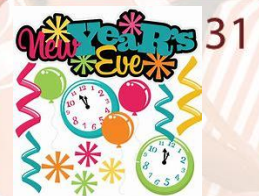
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## InSeason!Grapefruit

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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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

**SCHOOL LUNCH**  
WHAT'S COOKING?