




District Name

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 RICE KRISPY TREAT BANANA CARROT STICK	04 JUICE 4 OZ Celery Sticks Peanut Butter Cup	05 GOLDFISH CRACKERS Fruit Milk	06 NUTRI GRAIN BAR Milk	07 Juice 4 OZ ¼ Cup Fruit Cinnamon Bug Bites
10 GRAHAM CRACKERS Peanut Butter Cup Milk	11 CEREAL BAR Milk	12 CHEESE STICK 6 oz Juice	13 YOGURT Fruit Cup 6 oz	14 RITZ BITZ CRACKERS 6 oz Juice
17 RICE KRISPY TREAT BANANA CARROT STICK	18 JUICE 4 OZ Celery Sticks Peanut Butter Cup	19 GOLDFISH CRACKERS Fruit Milk	20 NUTRI GRAIN BAR Milk	21 Juice 4 OZ ¼ Cup Fruit Cinnamon Bug Bites
24 	25 	26 	27 	28 
31 				

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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SNACK MENU

