



# February 2019

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday

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BLUEBERRY CINNAMON CRUMBLE  
Fresh Apple  
Orange Juice **1**

MUFFIN, Banana **4**  
Apple Crisps  
Fresh Oranges

CEREAL, Alpha Bits **5**  
Celery Sticks  
Applesauce Cup  
Peanut Butter PC

FRENCH TOAST **6**  
MINIS, Choc. Chip  
Orange Juice  
Craisins

BAGEL **7**  
Cream Cheese  
Baby Carrots  
Fresh Fruit

BREAKFAST BURRITO **8**  
Fresh Fruit  
Apple Juice

PB&J POCKET **11**  
Fresh Fruit (2)

BREAKFAST PIZZA **12**  
Fresh Fruit (2)

SUPER BAKERY **13**  
BREAD SLICE  
Fresh Fruit (2)

CEREAL, Captain Crunch **14**  
Fresh Banana  
Fresh Fruit

SAUSAGE & Cheese on WW ROLL **15**  
Orange Juice  
Fresh Apple Slices

NO SCHOOL **18**  
  
PRESIDENTS DAY

CEREAL, APPLE JACKS **19**  
Cheese Stick  
Celery Sticks  
Applesauce Cup

PANCAKES, MINI **20**  
Fresh Fruit  
Orange Juice  
SYRUP PC

CEREAL, CT Crunch **21**  
Fresh Fruit  
Fresh Apple Slices

BOSCO Cheese Stick **22**  
Fresh Fruit (2)

WAFFLES **25**  
Apple Juice  
Fresh Fruit

CEREAL, Honey Nut Cheerios **26**  
Carrot Sticks  
Fresh Oranges  
Yogurt, 4 oz cup

MINI CINNIS, (Cinnamon Rolls) **27**  
Craisins  
Fresh Fruit

BREAKFAST PIZZA **28**  
Fresh Apple  
Orange Juice

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## 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

