



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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PIZZA, **SCHOOL**
Cauliflower Florets
Broccoli Florets
Fresh Fruit
Ranch Dressing

HAM & CHEESE **4**
SANDWICH
Lettuce & Tomato
Fresh Veggie Sticks
Sliced Peaches

SPAGHETTI **5**
Tossed Green
Salad
Fresh Apple Slices
ROLL, WW

ENCHILADAS, **6**
RED, beef
Pinto Beans
Spanish Rice
Fruit Jello

TANGERINE **7**
CHICKEN
Oriental Vegetables
Pineapple Tidbits
Steamed Brown Rice
Fortune Cookie

FRITO PIE **8**
Garnish, Lettuce
& tomato
Potato Rounds
Orange Juice

CORN DOG **11**
Fries, White &
Sweet
Baked Beans
Fresh Apple

LASAGNA **12**
Tossed Salad
Green Beans
Fresh Fruit
ROLL, WW

BEAN BURRITO **13**
Garnish, Lettuce &
tomato
Salsa
Spanish Rice
Fresh Fruit

PIZZA, Meateaters **14**
Fresh Veggie Sticks
Fresh Banana
Ranch Dressing

BBQ Pork **15**
Fries, Oven
Carrot & Celery
Sticks
Fresh Fruit
ROLL, WW

NO SCHOOL **18**


DRUMSTICK **19**
Mashed Potatoes
Cut Broccoli
Fresh Apple Slices
ROLL, WW

CHICKEN FAJITAS **20**
Salsa
Carrot Sticks
Spanish Rice
Fresh Grapes

NACHOS **21**
Garnish, Lettuce &
tomato
Fresh Veggie Sticks
Pinto Beans
Mixed Fruit

GRILLED CHEESE **22**
SANDWICH
Potato Rounds
Baked Beans
Fresh Fruit

QUESADILLA **25**
Lettuce & Tomato
Slices
Salsa
Spanish Rice
Applesauce

HAMBURGER **26**
Garnish, Lettuce &
tomato
Fries, Oven Baked
Orange Juice

TACOS **27**
Pinto Beans
Garnish, Lettuce &
tomato
Salsa
Fresh Banana

CHICKEN TENDERS **28**
Mashed Potatoes
Green Beans
Fresh Fruit
ROLL, WW

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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

