



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 **1**
or EGG WRAP
Orange Juice
Fresh Apple Slices
Toast

MUFFIN, Banana **4**
or Pancakes
Apple Crisps
Fresh Orange

CEREAL, Alpha Bits or POP Tarts **5**
Celery Sticks w/
Peanut Butter PC
Frozen Peach Cup

FRENCH TOAST MINIS or Cheerios **6**
Honey Nut
Craisins
Fruit Smoothie, SK

BAGEL W/CREAM CHEESE or Apple Cinnamon Crumble
Baby Carrots
Fresh Fruit

BURRITO, BREAKFAST or **8**
Muffin, BB
Fresh Fruit
Orange Juice

PB&J POCKET **11**
Apple Breakfast Bar
Fresh Fruit Choices

BREAKFAST PIZZA or Cereal 2 oz **12**
Fresh Fruit
Fresh Apple Slices

Super Bakery BANANA BREAD SLICE or Blueberry Bread Slice
Fresh Fruit
Orange Juice

CEREAL, FF Cinnamon **14**
or POP Tarts
Celery Sticks
W/Peanut Butter PC
Fresh Fruit

SAUSAGE PATTY & CHEESE ON FRESH ROLL or NG Cereal Bar
Fresh Fruit Choices
Orange Juice

NO SCHOOL **18**


CEREAL, APPLE JACKS or Breakfast Slider, Bagel Pizza Bites
Celery Sticks w/Peanut Butter Cup
Applesauce Cup

PANCAKES, MINI OATMEAL BAR & Cheese Stick, Mozz
Fresh Fruit
Fruit Smoothie, SK

CEREAL BAR, COCOA KRISPIE or CEREAL 1 oz
Cheese Stick, Mozz
Fresh Apple Slices

BOSCO STICK or Banana Bread **22**
Fresh Fruit
Orange Juice

WAFFLES or CEREAL, Mini Wheats
Toast
Apple Juice
Fresh Fruit

CEREAL, Honey Nut Cheerios or Oatmeal Bar, Betty Crocker
Yogurt
Fresh Fruit

MINI CINN ROLL or Waffles Snack'n
Craisins
Fresh Banana

BREAKFAST PIZZA or Egg Wrap
Fresh Fruit Choices
Toast
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

