



# 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 or Garlic Cheese Bread  
Fries, Oven  
Cherry Tomatoes  
Broccoli Florets  
Orange Juice  
Fresh Fruit

HAM & CHEESE SANDWICH or Turkey & Cheese Sandwich  
Lettuce & Tomato Slices  
Fresh Veggie Sticks  
Sliced Peaches  
Fresh Fruit

SPAGHETTI or Chicken Alfredo  
Tossed Green Salad  
Cut Green Beans  
Fries, Oven  
Diced Peaches  
ROLL. WW

ENCHILADAS, RED or Tacos, Beef  
Lettuce & tomato  
Pinto Beans  
Spanish Rice  
Fresh Fruit  
Fruit Jello

TANGERINE CHICKEN or Cherry Blossom Chicken  
Oriental Vegetables  
Pineapple Tidbits  
Steamed Brown Rice  
Fortune Cookie

FRITO PIE or Chili Beans & Cornbread  
Garnish, Lettuce & tomato  
Potato Rounds  
Fresh Apple Slices  
Orange Juice

CORN DOG or Hamburger  
Baked Beans  
Fries, White & Sweet  
Fresh Apple Slices  
Fresh Fruit

LASAGNA or Chicken Alfredo  
Tossed Green Salad  
Cut Green Beans  
Fresh Oranges  
ROLL, WW

BEAN BURRITO or TACOS  
Salsa  
Spanish Rice  
Fresh Fruit

PIZZA, Nardone or Garlic Cheese Bread  
Tossed Green Salad  
Cherry Tomatoes  
Diced Pears  
Fresh Banana

BBQ Pork or Meatball Sub  
Fries, Oven baked  
Tossed Green Salad  
Fresh Fruit  
ROLL, WW

NO SCHOOL  
Happy President's Day

DRUMSTICK or Chicken Tacos  
Salsa  
Carrot Sticks  
Spanish Rice  
Fresh Oranges  
Fresh Apple Slices

CHICKEN FAJITAS or Taco Burger  
Garnish, Lettuce & tomato  
Salsa  
Pinto Beans  
Fresh Fruit Choices

NACHOS or Hot Dog on Bun  
Potato Rounds  
Baked Beans  
Fresh Fruit  
Sunchips, multigrain

GRILLED CHEESE SANDWICH or Roast Beef Sandwich  
Lettuce & Tomato Slices  
Cucumber Slices  
Fries, White & Sweet  
Fruit Smoothie, SK  
Fresh Fruit

QUESADILLA or Bean Burrito  
Salsa  
Spanish Rice  
Applesauce  
Fresh Oranges

CHEESEBURGER or Pizza, 4x6  
Lettuce & Tomato Slices  
Fries, Oven  
Orange Juice

BEEF TACOS or Bean Tostadas  
Pinto Beans  
Garnish, Lettuce & tomato  
Salsa  
Fresh Oranges

CHICKEN TENDERS or Chicken Sandwich  
Mashed Potatoes  
Cut Green Beans  
Fresh Apple Slices  
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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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**

ALSO SERVE:

Daily: Turkey, Ham or Roast Beef Deli Sandwich & Chef Salads.

Tues & Thurs - Pizza