



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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JUICE 4 OZ
¼ CUP FRUIT
CINN BUG BITES **1**

GRAHAM CRACKERS **4**
PEANUT BUTTER PC
MILK

CEREAL BAR **5**
MILK

CHEESE STICK **6**
6 OZ JUICE

YOGURT **7**
FRUIT CUP 6 OZ

RITZ BITZ CRACKERS **8**
6 OZ JUICE

11
RICE KRISPY TREAT
BANANA
CARROT STICK

12
JUICE 4 OZ
CELERY STICKS
PEANUT BUTTER
PC

13
GOLDFISH
CRACKERS
FRUIT
MILK

14
NUTRI GRAIN BAR
MILK

15
JUICE 4 OZ
¼ CUP FRUIT
CINN BUG BITES

 **18**

19
CEREAL BAR
MILK

20
CHEESE STICK
6 OZ JUICE

21
YOGURT
FRUIT CUP 6 OZ

22
RITZ BITZ CRACKERS
6 OZ JUICE

25
RICE KRISPY TREAT
BANANA
CARROT STICK

26
JUICE 4 OZ
CELERY STICKS
PEANUT BUTTER
PC

27
GOLDFISH
CRACKERS
FRUIT
MILK

28
NUTRI GRAIN BAR
MILK

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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

