



BELEN CONSOLIDATED SCHOOLS

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday



8
CEREAL, Alpha Bits
Celery Sticks & Peanut Butter Cup
Applesauce Cup

9
FRENCH TOAST
MINI'S CINNAMON
Orange Juice
Craisins

10
WAFFLES,
SNACK'N
Baby Carrots
Fresh Fruit

11
BREAKFAST BURRITO
Fresh Fruit
Apple Juice

14
FRUDEL, APPLE
Fresh Oranges

15
BREAKFAST PIZZA
Fresh Fruit
Juice

16
BLUEBERRY BREAD SLICE
Frozen Fruit Smoothie

17
CEREAL, CINN
TOAST CRUNCH
2 oz
Grape Juice

18
NO SCHOOL
 Parent-Teacher Conferences

21
NO SCHOOL
I have a dream...

22
CEREAL, APPLE JACKS
Cheese Stick
Celery Sticks
Applesauce Cup

23
PANCAKES, MINI
Fresh Fruit
Orange Juice
Syrup, PC

24
CEREAL, CT Crunch
Juice
Fresh Apple Slices

25
BOSCO STICK
Strawberry Cup
Fresh Apple Slices

28
PANCAKE ON A STICK
Apple Juice
Fresh Fruit

29
CEREAL, Honey Nut Cheerios
Carrot Sticks
Fresh Oranges
Yogurt, 4 oz cup

30
MINI CINNIS
Fresh Fruit
Apple Crisps

31
CEREAL, CT Crunch
Apple Juice
Fresh Fruit
Cheese Stick, Mozz



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

