



# 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



**TACO BURGER 8**  
Garnish, Lettuce & tomato  
Fries, White & Sweet  
Fresh Apple Slices

**ENCHILADAS, CHICKEN 9**  
Pinto Beans  
Spanish Rice  
Fruit Jello

**CHERRY BLOSSOM CHICKEN 10**  
Oriental Vegetables  
Pineapple Tidbits  
Fried Rice  
Fortune Cookie

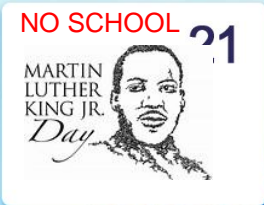
**FRITO PIE 11**  
Garnish, Lettuce & tomato  
Potato Rounds  
Orange Juice

**CORN DOG 14**  
Fries, White & Sweet  
Baked Beans  
Fresh Apple

**LASAGNA 15**  
Tossed Green Salad  
Green Beans  
Fruit, Canned  
ROLL, WW

**BEAN BURRITO 16**  
Garnish, Lettuce & tomato  
Salsa  
Spanish Rice  
Fresh Fruit

**SAUSAGE & EGGS 17**  
Potato Rounds  
Pancakes  
Fresh Fruit



**DRUMSTICK 22**  
Mashed Potatoes  
Cut Broccoli  
Fresh Apple Slices  
ROLL, WW

**CHICKEN FAJITAS 23**  
Salsa  
Carrot Sticks  
Spanish Rice  
Fresh Fruit

**NACHOS 24**  
Garnish, Lettuce & tomato  
Fresh Veggie Sticks  
Pinto Beans  
Mixed Fruit, Canned

**HAMBURGER SLIDERS (2) 25**  
Potato Rounds  
Baked Beans  
Canned Peaches

**BEAN TOSTADA 28**  
Lettuce & Tomato  
Salsa  
Spanish Rice  
Applesauce

**HAMBURGER 29**  
Lettuce & tomato  
Fries, oven baked  
Orange Juice

**TACOS 30**  
Pinto Beans  
Garnish, Lettuce & tomato  
Salsa  
Fresh Fruit

**CHICKEN TENDERS 31**  
Macaroni & Cheese  
Cut Green Beans  
Fresh Veggie Sticks  
Froz Fruit Smoothie



## 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



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