



# 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



CEREAL, Alpha Bits **8**  
or Pop Tarts  
Celery Sticks &  
Peanut Butter PC  
Applesauce Cup

FRENCH TOAST **9**  
MINIS or Cheerios,  
Honey Nut & Toast  
Craisins  
Fruit Smoothie, SK

WAFFLES, **10**  
SNACK'N  
or Apple Cinnamon  
Crumble  
Baby Carrots  
Fresh Fruit

BURRITO, **11**  
BREAKFAST or  
Muffin  
Fresh Fruit  
Orange Juice

FRUDEL, APPLE **14** or  
PB&J Pocket  
Fresh Fruit Choices

BREAKFAST PIZZA **15**  
or 2 oz Cereal  
Fresh Fruit  
Juice

BLUEBERRY BREAD **16**  
SLICE or Banana  
Bread Slice  
Fresh Fruit Choices  
Frozen Fruit Smoothie

CEREAL, Captain **17**  
Crunch or Bagel  
w/Cream Cheese PC  
Celery Sticks W/PB  
Frozen Peach Cup  
Strawberry Cup



CEREAL, APPLE **22**  
JACKS or Breakfast  
bagel pizza bites  
Celery Sticks w/pb cup  
Applesauce Cup

PANCAKES, MINI **23**  
or Oatmeal Bar &  
Yogurt  
Fresh Fruits

CEREAL, Captain **24**  
Crunch or Cocoa  
Krispie Cereal Bar  
or Coffee Cake  
Fresh Apple Slices  
Cheese Stick, Mozz

BOSCO STICK **25**  
or Banana Bread  
Fruit Cup  
Juice

PANCAKE ON A **28**  
STICK or Cereal,  
Mini Wheats & Toast  
Fresh Fruit  
Apple Juice

CEREAL, Honey Nut **29**  
Cheerios or BC  
Oatmeal Bar  
or Bagel w/Cr. Cheese  
Fresh Oranges  
Yogurt

MINI CINNIS **30**  
Waffles  
Fresh Fruit  
Apple Crisps

CEREAL, 2 oz **31**  
Breakfast Apple Bar  
Fresh Fruit  
Juice



## 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

