



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 or Hamburger **8**
Garnish
Fries, oven baked
Fresh Fruit

ENCHILADAS, CHICKEN or Tacos, Chicken **9**
Garnish, Lettuce & tomato
Pinto Beans
Spanish Rice
Fruit Jello
Fresh Fruit

TANGERINE CHICKEN or Cherry Blossom Chicken **10**
Oriental Vegetables
Pineapple Tidbits
Fried Rice
Fortune Cookie

FRITO PIE or Chili Dog **11**
Garnish, Lettuce & tomato
Potato Rounds
Fresh Apple Slices

CORN DOG or Hamburger **14**
Baked Beans
FRIES, White & Sweet
Fresh Apple Slices

LASAGNA or Chicken Alfredo **15**
Tossed Green Salad
Cut Green Beans
Fruit, Canned
ROLL, WW

BEAN BURRITO or Tacos **16**
Salsa
Garnish
Corn, Seasoned
Spanish Rice
Fresh Fruit

BREAKFAST FOR LUNCH SAUSAGE & EGGS **17**
Potato Rounds
Pancakes
Fresh Fruit
Juice



DRUMSTICK or Tenders **22**
Mashed Potatoes
Broccoli
Fresh Fruit
ROLL, WW

CHICKEN FAJITAS or Cheese Quesadilla **23**
Salsa
Spanish Rice
Carrot Sticks
Fresh Fruit

NACHOS or Taco Burger **24**
Garnish
Pinto Beans
Fresh Veggie Sticks

HAMBURGER SLIDERS (2) or Hot Dog on Bun **25**
Potato Rounds
Baked Beans
Peaches, Canned

BEAN TOSTADAS or Bean Burrito **28**
Lettuce & Tomato
Salsa
Spanish Rice
Applesauce

HAMBURGER W/GARNISH or SCHOOL Pizza **29**
Fries, Oven
Veggie Sticks
Orange Juice

BEEF TACOS or Beef/Cheese Burrito **30**
Salsa
Garnish
Pinto Beans
Fresh Fruit

CHICKEN TENDERS or Chicken Sandwich **31**
Macaroni & Cheese
Cut Green Beans
Fresh Veggie Sticks
Fruit Smoothie, SK

ALSO SERVE:
Daily: Turkey, Ham or Roast Beef Deli Sandwich & Chef Salads.
Tues & Thurs - Pizza

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

