



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



7  
JUICE 4 OZ  
CELERY STICKS  
PEANUT BUTTER CUP

8  
GOLDFISH CRACKERS  
FRUIT MILK

9  
NUTRI GRAIN BAR  
MILK

10  
JUICE 4 OZ  
¼ CUP FRUIT  
CINN BUG BITES

11  
GRAHAM CRACKERS  
PEANUT BUTTER CUP  
MILK

12  
CEREAL BAR  
MILK

13  
CHEESE STICK  
6 OZ JUICE

14  
YOGURT  
FRUIT CUP 6 OZ



15  
JUICE 4 OZ  
CELERY STICKS  
PEANUT BUTTER CUP

16  
GOLDFISH CRACKERS  
FRUIT MILK

17  
NUTRI GRAIN BAR  
MILK

18  
JUICE 4 OZ  
¼ CUP FRUIT  
CINN BUG BITES

19  
GRAHAM CRACKERS  
PEANUT BUTTER CUP  
MILK

20  
CEREAL BAR  
MILK

21  
CHEESE STICK  
6 OZ JUICE

22  
YOGURT  
FRUIT CUP 6 OZ



## 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

SNACK TIME