



March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday



CEREAL **1**
 Cheese Stick
 Apple Juice & Fruit




NATIONAL **4**
 MUFFIN,
 BLUEBERRY
 Apple Crisps
 Juice

SCHOOL **5**
 CEREAL,
 Alpha Bits
 Celery Sticks
 Peanut Butter Cup
 Applesauce Cup

BREAKFAST **6**
 Mini FRENCH TOAST
 Fresh Fruit
 Craisins

WEEK **7**
 BREAKFAST
 BURRITO
 Baby Carrots
 Juice

WAFFLES, SNACK'N **8**
 Strawberry cup
 Fresh fruit



11
 SPRING
 BREAK!!!



12


13

 SPRING BREAK!

14

 Spring Break!

15

 SPRING
 BREAK

18
 PB&J POCKET
 Fresh Fruit
 Juice

19
 BREAKFAST PIZZA
 Fresh Fruits

BREAKFAST SANDWICH **20**
 (Sausage/Cheese on ROLL)
 Orange Juice
 Fresh Fruit

CEREAL, **21**
 CT Crunch
 Fresh Fruit Choices

BLUEBERRY BREAD SLICE **22**
 Fresh Fruit
 Applesauce cup

BREAKFAST BURRITO **25**
 Apple Juice
 Fruit

CEREAL, **26**
 APPLE JACKS
 Celery Sticks
 w/PB Cup
 Applesauce Cup

PANCAKES, **27**
 Fresh Fruit
 Frozen Strawberry Cup
 Syrup PC

CEREAL, **28**
 2oz Cin Toast Crunch
 Fresh Fruit choices

STUFFED CHEESE STICK **29**
 Juice
 Fresh Fruit

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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ELEMENTARY MENUS

Meal Prices

