



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



PIZZA, 4 CHEESE **1**
Cauliflower & Broccoli Florets
Ranch Dressing
Seasonal Fruit

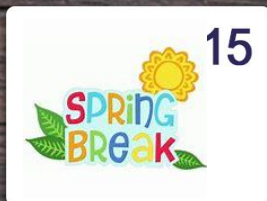
FRITO PIE **4**
Garnish, Lettuce & tomato
Potato Rounds
Orange Juice

SPAGHETTI **5**
Tossed Green Salad
Ranch Dressing
Stuffed Cheese Stick
Fresh Apple Slices

GREEN CHILI CHEESE **6**
ENCHILADAS
Pinto Beans
Spanish Rice
Fruit Jello

CHERRY BLOSSOM CHICKEN **7**
Oriental Vegetables
Steamed Brown Rice
Pineapple Tidbits
Fortune Cookie

GRILLED TUNA & CHEESE SANDWICH **8**
Lettuce & Tomato
Fresh Veggie Sticks
Ice Dog Fruit Slush & Cupcake



CORN DOG **18**
Sweet Potato Fries
Baked Beans
Fresh Apple

MACARONI w/ Ground Beef **19**
Tossed Salad
Cut Green Beans
Fresh Dinner ROLL
Fresh Fruit

BBQ PORK **20**
Fries, Oven
Corn, Seasoned
Dinner Roll
Fresh Fruit

PIZZA, 4 Cheese **21**
Broccoli 1/2 c
Baby Carrots
Ranch for dipping
Fresh Fruit

BEAN BURRITO **22**
Salsa
Spanish Rice
Frozen Fruit Cup

TURKEY & CHEESE SANDWICH **25**
Lettuce/Tomato
Cucumber Slices
Fresh Oranges

DRUMSTICK **26**
Mashed Potatoes
Gravy, Dinner Roll
Cut Broccoli
Fresh Apple Slices

CHICKEN FAJITAS **27**
Salsa
Fajita Blend Veggies
Spanish Rice
Fruit Cup

NACHOS **28**
Lettuce & tomato
Pinto Beans
Canned Fruit

FISH FILET **29**
Roll
Potato Rounds
Baked Beans
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

