



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.



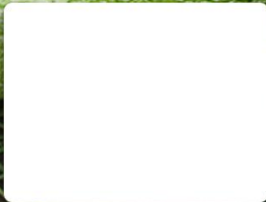
Monday

Tuesday

Wednesday

Thursday

Friday



CEREAL & Toast **1** or
Breakfast Apple Bar
Cheese Stick,
Fresh Fruit
Apple Juice

NATIONAL 4
MUFFIN,
BLUEBERRY or
Pancakes or Cereal
Juice
Apple Crisps

SCHOOL 5
CEREAL, Alpha Bits
or POP Tarts
Celery Sticks w/
Peanut Butter PC
Frozen Peach Cup

BREAKFAST 6
FRENCH TOAST
or Honey Nut Cheerios
Craisins
Fresh Fruit

WEEK 7
BREAKFAST BURRITO
or Muffin
Fresh Fruit
Orange Juice

Celebration Time
WAFFLES,
or Apple Cinnamon
Crumble OR Cereal
Frozen Strawberry Cup
Fresh Fruit



PB&J POCKET **18**
or
Apple Breakfast Bar
or Cereal
Fresh Fruit & Juice

BREAKFAST PIZZA **19**
or Cereal, 2 oz
Fresh Fruit
Fresh Apple Slices

SAUSAGE/CH BREAKFAST SAND **20**
or Nutri Grain Bar or
Cereal
Fresh Fruit
Orange Juice

CEREAL Choice **21**
or Pop Tarts
Celery Sticks w/
Peanut Butter PC
Fresh Fruit Choice

SUPER BAKERY **22**
BLUEBERRY or
Banana Bread Slice
Fresh Fruit
Applesauce Cup

BURRITO, BREAKFAST or **25**
Muffin
Fresh Fruit
Orange Juice

CEREAL, APPLE JACKS or **26**
Bagel Pizza Bites or
Cereal
Celery Sticks w/PB Pc
Applesauce cup, Fruit

PANCAKES, or OATMEAL BAR **27**
Cheese Stick,
Fresh Fruit
Strawberry Cup

CEREAL BAR, COCOA KRISPIE or **28**
CEREAL Choices 1 oz
Cheese Stick, Mozz
Fresh Apple Slices

STUFFED CHEESE STICK **29**
or Banana Bread Slice
Fresh Fruit
Orange 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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HS/MS/INFINITY MENUS

Meal Prices



National School Breakfast Week