



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 BIG DADDY **or**
Garlic Cheese Bread **1**
Fries, Oven
Cauliflower &
Broccoli Florets
Orange Juice
Fresh Fruit

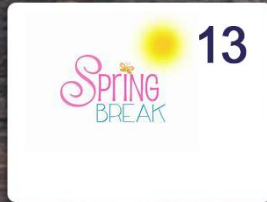
FRITO PIE **or** Chili
Beans & Cornbread **4**
Lettuce and Tomato
Potato Rounds
Fresh Apple Slices
Orange Juice

SPAGHETTI
STUFFED CHEESE **5**
STICK **or**
Meatball Sub
Tossed Green Salad
Cut Green Beans
Diced Peaches

GREEN CHILI **6**
CHEESE ENCHILADAS **or**
Grilled Cheese Sandwich
Lettuce & tomato
Pinto Beans, Sp. Rice
Fruit Jello & Fruit

CHERRY BLOSSOM **7**
or Tangerine Chicken
Oriental Vegetables
Fried Brown Rice
Pineapple Tidbits
Fortune Cookie

GRILLED TUNA
& CHEESE SANDWICH **8**
or Turkey & Cheese Sand
Lettuce & Tomato Slices
Fresh Veggie Sticks
Peach Cup
Fresh Fruit



CORN DOG **or** **18**
Hamburger
Lettuce & Tomato Slices
Baked Beans
Sweet Fries
Fresh Apple Slices
Ice Dog Fruit Slush

MACARONI
w/Ground Beef **or** **19**
Chicken Alfredo
Tossed Green Salad
Green Beans, Roll
Fresh Fruit Choices

BBQ PORK –Roll
or Hamburger **20**
Fries, Oven Baked
Vegetable Sticks
Corn Seasoned
Fresh Fruit

PIZZA, Big Daddy
or **21**
Garlic Cheese Bread
Broccoli & Baby Carrots
Cherry Tomatoes
Ranch for dipping
Fresh Fruit Choices

BEAN BURRITO **22**
or Tacos
Salsa
Spanish Rice
Fresh Fruit
"Ice Dog" Fruit Slush

DELI SANDWICH **or** **25**
Turkey Wrap
Cucumber Slices
Fries, White & Sweet
Fresh Fruit

DRUMSTICK **OR**
Chicken Tender **26**
Sandwich
Carrot Sticks
Cut Broccoli
Fresh Fruit Choices

CHICKEN FAJITAS
or Quesadilla **27**
Garnish,-Lettuce &
Tomato
Salsa
Spanish Rice
Fresh Fruit Choices

NACHOS **or** **28**
Nacho Dog on Bun
Fries, Oven baked
Pinto Beans
Fresh Fruit

FISH FILET & Roll
or Roast Beef Sandwich **29**
Baked Beans
Cucumber Slices
Potato Rounds
Fresh Fruit

Announcements

VIEW MENUS AT:
<http://belen.healthliving.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.healthliving.net>
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HS/MS/INFINITY MENUS

Meal Prices

