



August 2017

InSeason!Peaches

Peaches are a good source of Vitamins A, B and C. A peach contains only 37 calories.

Peaches were once known as Persian Apples

August is National Peach Month

Peaches are the first domestic fruit grown in the United States



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

We are Serving only 1% or FF white milk daily during breakfast.
(**No** flavored milk for breakfast.)

01

02

03

04

07

08

IN-SERVICE DAY MANDATORY 09



10

PB&J GRAHAM CRACKER SANDWICH
APPLE (XL)

11

CEREAL
Cheese Stick
Cantaloupe
Apple Juice

14

BREAKFAST PIZZA
Orange Juice
Fresh Apple Slices

15

CEREAL
Toast
Fresh Strawberries
Craisins

16

CINNAMON ROLL
Fresh Blueberries
Applesauce Cup

17

OATMEAL BAR
Celery Sticks
Peanut Butter PC
Orange

18

PANCAKES, MINI
Apple (XL)

21

PB&J GRAHAM CRACKER SANDWICH
Fresh Apple (XL)

22

BANANA BREAD
Fresh Strawberries
Cantaloupe

23

ENGLISH MUFFIN SAUSAGE PATTY
Apple Juice
Craisins

24

CEREAL 2oz
Applesauce Cup
Fresh Nectarine

25

FRENCH TOAST
Fresh Strawberries
Apple Juice

28

PANCAKE ON A STICK
Apple Juice
Watermelon Chunks

29

ZUCCHINI BREAD SLICE
Craisins
Fresh Grapes

30

CEREAL 2 oz
Fresh Apple (XL)

31

BREAKFAST PIZZA
Juice
Cantaloupe

Once again, BCS will provide all students one free breakfast and one free lunch as we are a District wide CEP District.

What did one pencil say to the other pencil? Man you are looking sharp!

View menus at

<http://belen.healtheliving.net>

All meals are served with choice of milk; 1% White Milk, or Fat Free Milk.

(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 BREAKFAST MENUS

