

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 third most popular fruit grown in the United States



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

Back to School 

02

03

04

07

08

IN-SERVICE DAY
MANDATORY 09



CHICKEN TENDERS 10
Mashed Potatoes
Gravy
Roll
Cucumber Slices
Watermelon Chunks

PIZZA, ALPHA CHEESE 11
Fresh Veggie Sticks
Ranch Dressing for dipping
Applesauce Cup

CHICKEN FAJITAS 14
w/peppers/onions
Pinto Beans
Fresh Apple

LASAGNA 15
Bread Stick
Tossed Green Salad
Ranch dressing
Cantaloupe

NACHOS 16
W/GROUND BEEF garnish
Fresh Veggie sticks
Watermelon Chunks

CHICKEN DRUMSTICK 17
FRIES, OVEN, Roll
Baked beans
Fresh Oranges

TURKEY & CHEESE 18
SANDWICH
Broccoli Salad
Baby Carrots
Fresh Nectarine

HAMBURGER 21
Fries, Oven
Carrot Sticks
Applesauce Cup

TACOS BEEF 22
Garnish, Salsa
Pinto Beans
Spanish Rice
Grapes

CHICKEN TENDERS 23
Fries, Oven
Broccoli
Watermelon Chunks

FRITO PIE 24
Garnish
Fresh Veggie Sticks
Fresh Strawberries

PIZZA, ALPHA CHEESE 25
Tossed Green Salad
Baby Carrots
Fresh Apple Slices

SPAGHETTI, Roll 28
Cut Green Beans
Baby Carrots
Fruit Smoothie, Sidekick

BEAN BURRITO 29
(homemade)
Salsa
Broccoli w/ Ranch for dipping
Cantaloupe

DRUMSTICK 30
Mashed Potatoes,
Gravy, Roll
Whole Kernel Corn
Watermelon Chunks

HOT HAM & CHEESE Sandwich 31
Lettuce & Tomato
Mixed Vegetables
Fresh Apple

31

Announcements

View menus at <http://belen.healtheliving.net>
All meals are served with choice of milk; 1% White, or Fat Free White, 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 Schools

