

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

02



04

07

08



**CHICKEN TENDERS** 10  
or **CHICKEN PATTY**  
Mashed Potatoes  
Gravy  
Cucumber Slices  
Watermelon

**PIZZA, ALPHA CHEESE** 11  
or **BURGER**  
Fresh Veggie Sticks  
Applesauce Cup

**CHICKEN FAJITAS** 14  
w/peppers/onions  
or **QUESADILLA**  
Salsa, Pinto Beans  
Fresh Apple

**LASAGNA**, bread stick or **MEATBALL SUB** 15  
Tossed Green Salad  
Ranch  
Cantaloupe

**NACHOS W/GROUND BEEF** 16  
or **Taco Burger**  
Garnish  
Fresh Veggies  
Watermelon Chunks

**CHICKEN DRUMSTICK** 17  
or **TENDERS**  
FRIES, OVEN  
Baked beans  
Fresh Oranges

**TURKEY & CHEESE SANDWICH** or **HAM & CHEESE SANDWICH** 18  
Broccoli Salad  
Baby Carrots  
Fresh Nectarine

**Green Chili BURGER** 21  
or **HOT DOG**  
FRIES, OVEN  
Carrot Sticks  
Applesauce Cup

**TACOS, BEEF or TOSTADAS** 22  
Garnish, Salsa  
Pinto Beans  
Spanish Rice  
Grapes

**CHICKEN TENDERS** 23  
or **CHICKEN PATTY**  
FRIES, OVEN  
Broccoli  
Watermelon Chunks

**FRITO PIE** 24  
or **BEEF BURRITO**  
Lettuce & tomato  
Fresh Veggie Sticks  
Fresh Strawberries

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

**SPAGHETTI, Roll, Or SLOPPY JOE** 28  
Cut Green Beans  
Baby Carrots  
Fruit Smoothie, Sidekick

**BEAN BURRITO or CHEESE QUESADILLA** 29  
Salsa, Broccoli w/ Ranch for dipping  
Cantaloupe

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

**CORN DOG or BURGER** 31  
Baked Beans  
Potato Rounds  
Fresh Nectarine

*Variety of fresh fruit offered daily in addition to one listed on menus.*

### 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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### BHS. BMS. INFINITY

**BHS SERVES**

3<sup>rd</sup> choice daily - Deli Sandwiches  
**On Ciabatta ,Panini Bread or Hoagie Bun**

M, & Th Ham & Cheese,

Tues & Fri. Turkey & Cheese

Wed. Roast Beef

4<sup>th</sup> Choice daily - Chef Salad

5<sup>th</sup> Choice M, W & F, Domino's Pizza

**MS Serves:** Domino's M, W & F