



# April 2017

## In Season! Artichokes

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich such as dark chocolate, blueberries and red wine.



They also provide a whopping 10.3 g of dietary fiber, making them a powerful tool for helping to not just keep you regular but also to improve your digestive health overall.

## Announcements

View menus at

<http://belen.healtheliving.net>

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

APPLE JUICE  
CHEESE STICK,  
MOZZ

04

WG CEREAL RICE  
KRISPIES  
MILK

05

RITZ BITS  
CRACKER PB  
RITZ BITS  
CRACKER W/CH  
MILK

06

WG CEREAL RICE  
KRISPIES  
FRESH BANANA  
MILK

07

CELERY STICKS  
APPLE JUCIE  
PEANUT BUTTER  
PC

10

GRAHAM  
CRACKERS, CIN  
BUG BITES  
MILK

11

CRAISINS  
YOGURT

12

CEREAL, TRIX  
MILK

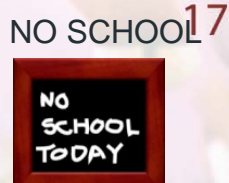
13

GRAHAM  
CRACKERS, CIN  
BUG BITES  
MILK

NO SCHOOL 14



17



18

WG CEREAL RICE  
KRISPIES  
MILK

19

RITZ BITS  
CRACKER PB  
RITZ BITS  
CRACKER W/CH  
MILK

20

FRESH BANANA  
MILK

21

CELERY STICKS  
PEANUT BUTTER PC

24

CRAISINS  
YOGURT

25

CEREAL, TRIX  
MILK

26

RITZ BITS  
CRACKER W/CH  
MILK

27

OATMEAL BAR  
MILK

28

APPLE JUICE  
CHEESE STICK,  
MOZZ