

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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BHS BMS & INFINITY BREAKFAST MENU

BREAKFAST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

ZUCCHINI BREAD
or Cereal Bar
APPLE - XL

04

WG, RICE KRISPIES or FROSTED FLAKES
Banana
Mixed Fruit

05

ENGLISH MUFFIN
W/ Cheese or WG CEREAL w/Toast
Orange Juice
Fresh Fruit

06

WG HONEY NUT CHEERIOS w/ Yogurt or Pancake on a Stick
Banana
Orange Juice

07

BREAKFAST PIZZA or WG Cereal & toast
Seasonal Fruit
Apple Juice

10

BREAKFAST BURRITO or Cheese Sandwich
APPLE - XL

11

WG CEREAL & Cheese stick OR Blueberry Muffin
Celery Sticks
Pear

12

GRANOLABAR & TOAST or Muffin
Orange Juice
Craisins

13

Variety of WG CEREALS w/ Toast or Cheese Toast
Applesauce Cup
Fresh Fruit

NO SCHOOL 14



17

NO SCHOOL
SCHOOL CLOSED

18

BREAKFAST PIZZA or Cereal & cheese stick
XL Apple

19

PANCAKES, MINI or Cereal, Honey Nut Cheerios & Toast
Applesauce Cups & fresh fruit

20

CINNAMON ROLL or Cereal & toast
Craisins
Orange Juice

21

CEREAL & Cheese stick or Cinnamon Roll
Banana
Orange Juice

24

Variety of WG CEREALS & Cheese sticks
XL Apple

25

Breakfast MUFFIN Or PB&J Sandwich
Craisins
Orange Juice

26

WG CEREAL Or Cereal Bar
Celery Sticks
Peanut Butter PC
Fresh fruit

27

FRENCH TOAST STICKS or WG Cereal & Toast
Apple Juice
Fresh Strawberries

28

COOK'S CHOICE Fruit Smoothie, SK
Nectarine