

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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In accordance with Federal Law & USDA, this institution is prohibited from discriminating on the basis of color, race, sex, age, political beliefs or disability. To file a complaint of discrimination call (202)720-5964

ELEMENTARY

BREAKFAST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

ZUCCHINI BREAD
APPLE - XL

04

WG, RICE
KRISPIES
Toast
Banana
Mixed Fruit

05

ENGLISH MUFFIN
W/ CHEESE
Orange
Fruit Juice

06

HONEY NUT
CHEERIOS
Applesauce Cup
Kiwi
Cheese Stick, Mozz

07

BREAKFAST
PIZZA
Mixed Fruit
Apple Slices

10

BREAKFAST
BURRITO
APPLE - XL

11

WG, FRUITY
CHEERIOS
Carrot Sticks
Fresh Grapes
Yogurt

12

OATMEAL BAR
Fresh Oranges
Watermelon Chunks
Cheese Stick, Mozz

13

FROSTED FLAKES
MULTI GRAIN
Toast
Applesauce Cup
Fresh Banana

NO SCHOOL 14



17

NO SCHOOL



18

BREAKFAST
PIZZA
APPLE - XL

19

WG, APPLE
JACKS CEREAL
Toast
Banana
Orange Juice

20

CINNAMON ROLL
Fresh Fruit
Craisins

21

WG FROSTED
FLAKES
Apple -Orange
Cheese Stick, Mozz

24

CEREAL- MULTI
GRAIN
XL Apple
Cheese Stick, Mozz

25

BREAKFAST
MUFFIN
Mixed Fruit
Juice

26

WG FRUIT LOOPS
Celery Sticks
Fresh Oranges
Peanut Butter PC

27

FRENCH TOAST
STICKS
Craisins
Strawberries

28

PANCAKES
Orange Juice
Fresh Apple Slices