

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**03**  
CHICKEN FAJITAS  
Refried Beans  
Salsa  
Pineapple Tidbits

**04**  
NACHOS  
W/Garnish  
Pinto Beans  
Cucumber Slices  
Fresh Apple Slices

**05**  
TORTILLA  
BURGER W/Lettuce  
and Tomato  
Potato Rounds  
Kiwi

**06**  
DRUMSTICK,  
ROLL, WW  
Broccoli  
Pasta Salad  
Pear Halves (cnd.)

**07**  
GRILLED  
CHEESE  
SANDWICH  
Vegetable Soup  
Fresh Oranges

**10**  
HAMBURGER  
Lettuce/Tomato  
Baked Beans  
Fries, Oven  
Frozen FRUIT Cup

**11**  
TACOS  
W/Garnish  
Salsa  
Pinto Beans  
Fresh Apples

**12**  
BEAN BURRITO  
Salsa  
Mexicali Corn  
Celery Sticks  
Fresh Fruit

**13**  
Chicken TENDERS  
W/BBQ sauce  
Mashed Potatoes w/  
Gravy  
Cut Broccoli  
Mixed Fruit  
Roll

**NO SCHOOL 14**



**NO SCHOOL 17**  
**SCHOOL  
CLOSED**

**18**  
Chicken TACO,  
(One soft on a 6" tortilla)  
W/Garnish,  
Pinto Beans  
Spanish Rice  
Salsa & Fresh Fruit

**19**  
SPAGHETTI  
Tossed Salad  
Green Beans  
Fresh Apple

**20**  
SRIRACHA  
CHICKEN  
Oriental Veggies  
Steamed Brown Rice  
Pineapple Chunks  
Whole Wheat Roll

**21**  
FRITO PIE  
Lettuce & tomato  
Carrot Sticks  
Spanish Rice  
Orange Juice

**24**  
PIZZA, ALPHA  
Tossed Salad  
Cut Green Beans  
Ranch Dressing  
Canned Fruit

**25**  
TACO BURGER  
Refried Beans  
Salsa  
Spanish Rice  
Fresh Banana

**26**  
LASAGNA  
Breadstick  
Fresh Veggie Sticks  
Applesauce

**27**  
CHICKEN NUGGETS  
Fries, oven  
Whole Kernel Corn  
Oranges

**28**  
BBQ PORK  
Veggie Sticks  
Green Peas  
ROLL, WW  
Diced Pears (cnd.)  
Cupcake, Super  
Bakery

## 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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## LM ELEMENTARY

