

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

BHS BMS & INFINITY LUNCH MENU

BHS SERVE DOMINO'S PIZZA, CHEF SALAD OR DELI SANDWICH DAILY AS ONE OF YOUR ENTRÉE CHOICES.

BMS SERVES DOMINO'S PIZZA DAILY AS ENTRÉE CHOICE.

ADDITIONAL FRESH FRUIT CHOICES available.

MONDAY

CHICKEN FAJITAS 03
or Quesadilla, Cheese Pinto Beans
Lettuce & Tomato
Spanish Rice
Applesauce-Juice

TUESDAY

NACHOS 04
or Hamburger
Lettuce & tomato
Pinto Beans
Cucumber Slices
Diced Pears, Fruit Smoothie

WEDNESDAY

TORTILLA BURGER 05
or Chicken Sandwich
Potato Rounds, Corn
Apple
Fruit cup

THURSDAY

DRUMSTICK ,roll 06
OR Ham and Cheese
Broccoli Florets
Mashed Potatoes
Orange Juice
Fresh Banana

FRIDAY

GRILLED CHEESE SANDWICH or 07
Cheese Quesadilla
Vegetable Soup
Apple Juice
Banana

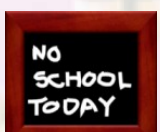
HAMBURGER 10
or Hot Dog
Baked Beans
Fries, Oven
Frozen Peach Cup
Fresh Fruit

TACOS w/salsa 11
or Hamburger
Lettuce/tomato
Mexicali Corn
Celery Sticks
Fresh Fruits

BEAN BURRITO 12
Salsa, OR Hamburger
Lettuce & Tomato
Pinto Beans
Veggie Sticks
Applesauce Cups
Fresh fruit

Chicken TENDERS or 13
Chicken DRUMSTICK
Mashed Potatoes w/gravy
Broccoli Florets , roll
Diced Pears- Fresh Fruit
BBQ Sauce

NO SCHOOL 14


NO SCHOOL 17


TACOS, CHICKEN 18
(on 6" tortilla) L&T, Salsa
or Sloppy Joe
Pinto Beans
Applesauce Cup
Strawberries

SPAGHETTI or 19
Meatball Sub
Tossed Salad Green
Green Beans, Roll,
Apple
Fruit cup

SRIRACHA
Chicken BOWL 20
Brown Rice, Roll
Oriental Vegetables
Celery Sticks
Pineapple Tidbits
Fresh Fruit

CHILI BEANS 21
w/ Cornbread or
FRITO PIE
Carrot Sticks
Lettuce & tomato
Orange Juice-Fruit

PIZZA or 24
Hamburger
Tossed Salad
Broccoli
Banana
Juice

TACO BURGER 25
Hamburger
Lettuce & Tomato
Refried Beans
Spanish Rice
Fresh Fruits

LASAGNA or 26
BEAN Burrito
Green Beans
Veggie Sticks
Ranch Dressing
Fruit or Juice

COOK'S CHOICE 27
French Fries
Corn, seasoned
Apple
Fruit cup

BBQ PORK SAND 28
Celery Sticks
Veggie Sticks
Mixed & Fresh fruit
Brownie