

Tart cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with herbs like sage, chives, and verbena; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

GRAHAM CRACKERS, CIN BUG BITES 1% MILK

02

APPLE JUICE CHEESE STICK, MOZZ

03

RICE KRISPY TREAT MILK, CHOCOLATE

04

FRESH APPLES RITZ BITS CRACKER PB

05

ORANGE JUICE GOLDFISH SNACK CRACKERS, WG

08

OATMEAL BAR, MILK, CHOCOLATE

09

FROSTED MINI WHEATS 1% MILK

10

APPLE JUICE MUFFIN

11

RITZ BITS CRACKER W/CH 1% MILK

12

APPLE JUICE GOLDFISH SNACK CRACKERS, WG

15

CEREAL, FRUIT LOOP RS 1% MILK

16

ORANGE JUICE GIANT GOLD FISH GRAHAM CRACKERS

17

MILK, CHOCOLATE CHEESE STICK, MOZZ

18

POP TART 1% MILK

19

RICE KRISPY TREAT APPLE JUICE

22

COOK'S CHOICE

23

COOK'S CHOICE

24

COOK'S CHOICE

25



COOK'S CHOICE

26

29

30

31

Join us for **Free** summer meals in June & July
At BHS, BMS, Jaramillo, DC, RG, Anna Becker Park, Willie Chavez Park, Tome Fire Station & or **Free** dinner at St. Mary's School
Call 966-1714 for more information

Announcements

VIEW MENUS

<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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Meal Prices

