



May 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01
WG CEREAL
TOAST, WG
Fresh Banana
Mixed Fruit

02
QUESADILLA,
CHEESE
Fresh Apple

03
MINI PANCAKES
Fresh Oranges
Orange Juice

04
HONEY NUT
CHEERIOS
Cheese Stick
Applesauce Cup
Cantaloupe

05
BREAKFAST
PIZZA
Mixed Fruit
Fresh Apple Slices
*School Nutrition Employees day!

08
PB & J Graham
Sandwich
Fresh Apple

09
CHEERIOS
Toast- WG
Carrot Sticks
Fresh Grapes

10
BANANA BREAD
Fresh Oranges
Juice

11
WG CEREAL
Toast
Applesauce Cup
Fresh Banana

12
BAGEL
W/CREAM
CHEESE
Fruit Smoothie, SK
Dried Fruit

15
CEREAL, FF
MULTI GRAIN
Yogurt
Fresh Apple Slices
Craisins

16
BREAKFAST
PIZZA
Orange
Apple

17
BREAKFAST
BURRITO
Fresh Fruit
Orange Juice

18
CEREAL
TOAST, WG
Fruit, fresh (2
choices)

19
BEAN BURRITO
APPLE

22
MULTI GRAIN
CEREAL
Canned Fruits (put in
4 oz cups-2choices)
Cheese Stick, Mozz

23
COOK'S CHOICE
Fresh Fruit
Juice

24
WG CEREAL
FRUIT LOOPS
Celery Sticks
Peanut Butter PC
Canned Fruit (in 4 oz
cup)

25

COOK'S CHOICE
Apple Juice
Craisins

26
May Days:
School Lunch Hero
Day, May 5
Mother's Day, May 14
Armed Forces Day,
May 20

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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

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InSeason!Cherries

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.



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

Meal Prices

SCHOOL LUNCH HERO DAY

LETTUCE CELERY-BRATE!

May 5, 2017

