

Season: 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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01
WG CEREAL RICE KRISPIES or TOAST, WG Fresh Banana Mixed Fruit

02
QUESADILLA, CHEESE or Waffles Fresh Apple

03
MINI PANCAKES or French Toast Fresh Oranges Orange Juice

04
CEREAL, VARIETY Cheese Stick Applesauce Cup Cantaloupe

SCHOOL LUNCH HERO DAY 05
BREAKFAST PIZZA or Cereal Mixed Fruit Fresh Apple Slices

08
PB&J GRAHAM SANDWICH or Cereal & Toast Fresh Apples

09
CHEERIOS & Toast or Cook's Choice Toast, WG Carrot Sticks Fresh Grapes

10
BANANA BREAD or French Toast Fresh Oranges Juice

11
CEREAL, FF & TOAST or Cook's Choice Applesauce Cup Fresh Banana

12
BAGEL W/CREAM CHEESE or Bean Burrito Fruit Smoothie, SK Dried Fruit Mix

15
CEREAL, FF MULTI GRAIN or Cook's Choice Yogurt Fresh Apple Slices Craisins

16
BREAKFAST PIZZA or Cereal Orange

17
HOMEADE BREAKFAST BURRITO (Liq. Eggs, Cheese, Sausage) or Bean Burrito Fresh Fruit Orange Juice

18
CEREAL & TOAST, WG Fruit, fresh

19
BEAN BURRITO or Cook's Choice Fresh Apple

22
CEREAL, FF MULTI GRAIN Canned Fruit (in 4 oz cups) Cheese Stick, Mozz

23
COOK'S CHOICE Fresh Fruit Juice

24
WG CEREAL FRUIT LOOPS Celery Sticks Canned fruit (in 4 oz cups) Peanut Butter PC,

25

COOK'S CHOICE Apple Juice Craisins

26

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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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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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BMS & INF

May 5, 2017

SCHOOL LUNCH HERO DAY

A BIG THANK YOU TO OUR SCHOOL NUTRITION PROFESSIONALS for the wonderful job they do everyday!