

Seasonal 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
DRUMSTICK,
 Mesquite Glazed
 Broccoli Florets
 Potato Rounds
 Pear
 Roll, WW

02
NACHOS
 w/Ground Beef
 Lettuce & tomato
 Pinto Beans
 Cucumber Slices
 Fresh Apple Slices

03
HAMBURGER
 Potato Rounds
 Lettuce & Tomato
 Orange

04
**CHICKEN
 TENDER TACO
 SALAD**
 Pears, canned

05
**BBQ PORK SAND
 Fries**
 Baby Carrots
 Fresh Apple

08
HAMBURGER
 Baked Beans
 Fries, Oven
 Lettuce & Tomato
 Peaches

09
TACOS
 Lettuce & tomato
 Salsa
 Pinto Beans
 Fresh Apples

10
BEAN BURRITO
 Salsa
 Mexicali Corn
 Celery Sticks
 Watermelon Chunks

11
**CHICKEN TENDERS
 W/BBQ SAUCE**
 Mashed Potatoes
 Cut Broccoli
 Mixed Fruit
 Roll, WW

12
**PIZZA, ALPHA
 Corn**
 Cucumber Slices
 Fresh Nectarine

15
**TUNA & CHEESE
 SANDWICH**
 Carrot Sticks
 Fries, Oven
 Fruit Smoothie, SK

16
ENCHILADAS
 Pinto Beans
 Spanish Rice
 Lettuce & tomato
 Cantaloupe

17
DRUMSTICK
 Macaroni Salad
 Veggie Sticks
 Fruit

18
SPAGHETTI
 Breadstick
 Tossed Green Salad
 Ranch
 Fresh Apple

19
FRITO PIE
 Lettuce & tomato
 Carrot Sticks
 Spanish Rice
 Orange Juice

22
Alpha Pizza
 Tossed Green Salad
 Ranch Dressing
 Canned fruit

23
Nachos
 Lettuce & tomato
 Salsa
 Refried Beans
 Spanish Rice
 Canned Fruit

24
**CHICKEN TENDER
 SANDWICH**
 Fresh Veggie Sticks
 Applesauce

25

COOK'S CHOICE
 Canned Fruit

26
 For Field day menus
 Please check with
 kitchen.
 Jara-966-2013
 Cen-966-1243
 DC-966-1808
 RG-966-2221
 GS-966-1915
 LM-966-2119

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30

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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

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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 USDA, this institution is prohibited from
 discriminating on the basis of color,
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Meal Prices

