

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

DRUMSTICK or 01
Turkey Burger
Broccoli Florets
Potato Rounds
Pineapple Tidbits
ROLL, WW

TUESDAY

Nachos or Bean 02
Burrito
Lettuce & tomato
Pinto Beans
Cucumber Slices
Fresh Apple Slices

WEDNESDAY

HAMBURGER or 03
Corn Dog
Potato Rounds
Lettuce & Tomato
Apple Juice

THURSDAY

CHICKEN 04
TENDERS OVER
TACO SALAD or
Bean Burrito
Pears Canned
Fresh Fruit

FRIDAY

SCHOOL LUNCH 05
HERO DAY
BBQ PORK SAND
or Chicken Fried Steak
Fries
Oranges & Apples

HAMBURGER 08
Lettuce & Tomato
Or Mini Corn Dogs
Baked Beans
Fries, Oven
Peaches, Canned

09
TACOS or Fajitas
Lettuce & tomato
Salsa
Pinto Beans
Fresh Apples

BEAN BURRITO 10
Salsa or Sloppy
Joes
Mexicali Corn
Celery Sticks
Fresh Fruits

CHICKEN TENDER 11
W/BBQ SAUCE or
Chicken Fried Steak
Mashed Potatoes
Broccoli
Roll, WW
Mixed Fruit-Fresh Fruit

12
PIZZA, ALPHA or
Turkey Burger
Corn
Cucumber Slices
Fresh Nectarine

TUNA & CHEESE 15
SANDWICH or
Cook' Choice
Carrot Sticks
Fries, Oven
Fruit Smoothie, SK

ENCHILADAS 16
Lettuce & tomato
or Cook's Choice
Pinto Beans
Spanish Rice
Cantaloupe

DRUMSTICK or 17
Cook's Choice
Macaroni Salad
Veggie Sticks
Fruit


SPAGHETTI or 18
Meatball Sub
Tossed Salad
Ranch
Fresh Apple


FRITO PIE or 19
Cook's Choice
Carrot Sticks
Spanish Rice
Orange Juice

Alpha Pizza 22
Tossed Salad
Ranch Dressing
Canned Fruit

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

24
CHICKEN TENDER
SANDWICH
Fresh Veggie Sticks
Applesauce

25

COOK'S CHOICE
Canned Fruit

26

Have a GREAT
SUMMER!

LAST WEEK 29
ONLY: BHS & BMS WILL SERVE MAIN MEAL ONLY. NO DOMINO'S OR OTHER CHOICES

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

BHS & BMS SERVE
DOMINO'S PIZZA,
CHEF SALAD OR
DELI SANDWICH DAILY AS
ONE OF YOUR ENTRÉE
CHOICES.
ALSO SERVE: APPLES &
ORANGES AS ADDITIONAL
FRESH FRUIT CHOICES.