



Belen Consolidated Schools

November

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CHICKEN TENDERS OR CHICKEN FRIED STEAK, Roll Mashed Potatoes gravy, green beans Peaches, canned **01**

PIZZA, Alpha or FRENCH garlic bread Mexicali Corn Broccoli Florets Ranch dressing Applesauce **02**

Hamburger or Turkey BURGER Lettuce & Tomato Slices FRIES, OVEN Fresh Fruit **03**

HAM & CHEESE OR TURKEY & CHEESE SAND. Carrots, Celery & Zucchini Sticks-ranch dressing Applesauce Cup **06**

TANGERINE OR CHERRY BLOSSOM CHICKEN Oriental Vegetables Pineapple Tidbits Fried Rice Fortune Cookie **07**

ENCHILADAS, RED w/Garnish, OR TACOS Pinto Beans, Sp Rice Fruit Smoothie, Sidekick **08**

SPAGHETTI w/roll OR MEATBALL SUB Tossed Green Salad, Cut Green Beans Fresh Apple Slices **09**

FRITO PIE or CHILI DOG Garnish, Lettuce & tomato FRIES Seasonal Fresh Fruit **10**

PIZZA, Nardone or STROMBOLI Cherry Tomatoes Celery Sticks Fresh Oranges **13**

CORN DOG or HAMBURGER FRIES, WHITE & SWEET Baked Beans Fresh Banana **14**

THANKSGIVING MEAL Roasted Turkey Mashed Potatoes & gravy Seasoned Corn, Roll Diced Pears, Pumpkin cake (Adults: Stuffing & Cranberry) **15**

BURRITO Beef & Bean w/Salsa or Chicken NUGGETS Corn on the Cob Diced Peaches **16**

DELI SANDWICH (variety) Lettuce & Tomato Slices Calif. Blend Mixed Vegetables & Fresh Fruit CHOCOLATE CHIP Cookie **17**

Thanksgiving Break **20**
No School



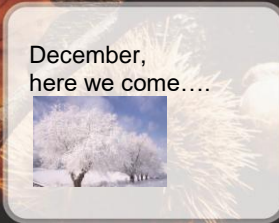
→ THANKSGIVING BREAK **24**
No School

Asian Cherry Blossom OR TANGERINE Chicken Oriental Vegetables Noodles Pineapple tidbits **27**

DRUMSTICK or TENDERS Mashed Potatoes w/ gravy, Roll Green Beans, Canned fruit **28**

NACHOS OR TACO BURGERS Garnish Pinto Beans Fresh Nectarine **29**

CHICKEN FAJITAS OR CHEESE QUESADILLA w/ veggies, Salsa, Spanish Rice Sliced Peaches **30**



In Season! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

Announcements

Nutritional Information can be viewed at

<http://belen.healtheliving.net>

Menus are subject to change due to food availability/shortages from our distributors.

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BHS-INF & BMS

3rd Choice daily-Deli Sandwiches on Ciabatta, Panini or Hoagie roll

4th Choice-Chef Salad

5th Choice –twice a week-Domino's

ALL MEALS SERVED WITH CHOICE OF MILK DAILY (soy milk also available) AS WELL AS A VARIETY OF FRESH FRUIT OPTIONS.