



One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

**MONDAY**

We are Serving only 1% or FF white milk daily during breakfast.  
(No flavored milk for breakfast.)

**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**

**BREAKFAST APPLE BAR** Or Cini Minis Or Cereal and Cheesestick  
Fresh Orange-Apple **01**

**NO SCHOOL** **04**



**PANCAKES** **05**  
MINI or Muffin or CEREAL BAR  
Fresh Apple

**CINNAMON ROLL** **06**  
or CEREAL,  
Fresh Blueberries  
Applesauce Cup

**EGG SAND. or** **07**  
French Toast Minis  
or Cereal  
Fresh Grapes  
Apple Juice

**CEREAL & Yogurt** **08**  
Or PB&J POCKET or Burrito- Breakfast  
Applesauce Cup  
Watermelon Chunks

**MUFFIN or** **11**  
Apple Cinnamon  
Crumble or Cereal  
Apple Juice  
Fresh Orange

**CEREAL or** **12**  
Breakfast Burrito  
Fresh Banana  
Craisins

**ENGLISH MUFFIN** **13**  
w/SAUSAGE PATTY  
or Cereal 2oz or Omelet, cheese st.  
Fresh Apple Slices  
Orange Juice

**BREAKFAST BURRITO or** **14**  
Cereal & toast or Muffin  
Watermelon Chunks  
Orange Juice

**FRENCH TOAST** **15**  
MINIS or Oatmeal  
Bar & Ch Stick or PB&J Graham Sandwich  
Strawberries-Apple

**PB&J** **18**  
or Cereal Bar & Ch. Stick or Pancake on a Stick  
Fresh Apple

**BFST APPLE BAR** **19**  
or Cereal 1 oz & Cheese Stick or Banana Bread  
Fresh Orange  
Frozen FRUIT Cup

**CEREAL or** **20**  
Egg Sandwich or Zucchini Bread  
Fresh Apples & oranges

**OATMEAL BAR** **21**  
or Belvita Bar or Breakfast Pizza  
Celery Sticks & PB  
Fresh Oranges

**BREAKFAST PIZZA** **22**  
or Cereal w/toast or Frudel-Apple  
Orange Juice  
Cantaloupe

**PANCAKE ON A** **25**  
STICK or Snack'n Waffles or Cereal  
Apple Juice  
Watermelon

**ZUCCHINI BREAD** **26**  
or Muffin, Blueberry or Cereal & Cheese Stick  
Fresh Orange  
Fresh Pear

**CEREAL & toast** **27**  
or PB&J POCKET or Muffin  
Fresh Grapes  
Craisins

**BREAKFAST BURRITO** **28**  
or Cereal 2 oz Or Breakfast Bagel  
Orange Juice  
Watermelon Chunks  
Toast, WG

**EGG WRAP or** **29**  
Apple  
Cinn Crumble or Cereal Bar & Toast  
Fruit and Juice

**Announcements**

View menus at <http://belen.healthliving.net>  
**All meals are served with choice of milk; 1% White Milk, or Fat Free Milk.** (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.healthliving.net>

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**BHS, BMS, INFINITY**

**BREAKFAST**

