



# August 2017

## InSeason!Peaches

Peaches are a good source of Vitamins A, B and C. A peach contains only 37 calories.

Peaches were once known as Persian Apples

August is National Peach Month

Peaches are the third most popular fruit grown in the United States



## Announcements

VIEW MENUS AT:

<http://belen.healtheliving.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.healtheliving.net>

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## BHS, BMS, INFINITY



Once again BCS will provide every student with one free breakfast and one free lunch as we are a District wide CEP School District. Join us for breakfast & lunch.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Serve only 1% & FF White during breakfast. **No** flavored milk for breakfast

01

02



04

07

08

IN-SERVICE DAY 09



**PB&J GRAHAM SANDWICH** or **Pancake on Stick** Or **CEREAL 2 oz** APPLE (XL)

**CEREAL & Cheese Stick** or **Oatmeal bar & Cheese stick** or **Muffin** Cantaloupe Apple Juice

**BREAKFAST PIZZA** 14 Or **Egg Patty on Roll** or **Cereal 2 oz** Orange Juice Fresh Apple Slices

**CEREAL & Toast** 15 Or **PBJ** or **Banana Bread** Fresh Strawberries Craisins,

**CINNAMON ROLL** 16 Or **Cereal 2oz** Fresh Blueberries Applesauce Cup

**OATMEAL BAR** 17 Or **Belvita Bars w/ PB cup** and **celery** or **Egg Wrap** Orange

**PANCAKES, MINI** 18 Or **Muffin** or **PBJ Graham Sandwich** Apple (XL)

**PB&J GRAHAM SANDWICH** or **Cini Minis** or **Cereal &cheese stick** Fresh Apple (XL)

**BANANA BREAD** 22 or **Pancake on Stick** or **Cereal 2oz** Fresh Strawberries Cantaloupe

**ENGLISH MUFFIN SAUSAGE PATTY** 23 Or **French Toast Minis** or **Cereal 2oz** Apple Juice Craisins

**CEREAL & YOGURT** or **Granola Bar & Yogurt** or **Muffin** Applesauce Cup Fresh Nectarine

**FRENCH TOAST** 25 **Minis** or **Breakfast Burritos** or **Cereal & Cheese Stick** Fresh Strawberries Apple Juice

**PANCAKE ON A STICK** or **Apple Strudel** or **Cereal & Ch stick** Apple Juice Watermelon Chunks

**ZUCCHINI BREAD** 29 **SLICE** or **Muffin** or **CEREAL 2 oz** Craisins Fresh Grapes

**CEREAL 2 oz** 30 or **Egg Sandwich** Or **Granola Bar & Cheese ITs** Fresh Apple (XL)

**BREAKFAST PIZZA** 31 Or **Cereal 2oz** Or **Egg wrap** Orange Juice Cantaloupe