

**Season: Grapes**

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

4  
**NO SCHOOL TODAY**

05  
PANCAKES, MINI  
Fresh Strawberries  
Orange Juice

06  
CINNAMON ROLL  
Apple Crisps, Dried Fruits  
Fresh Banana

07  
EGG SANDWICH  
Apple Juice  
Fresh Grapes

08  
BREAKFAST APPLE BAR  
Fresh Orange

11  
MUFFIN, BLUEBERRY  
Apple Juice  
Fresh fruit

12  
CEREAL, FF MULTI GRAIN  
Fresh Banana  
Craisins

13  
ENGLISH MUFFIN SAUSAGE PATTY  
Orange Juice  
Fresh Apple Slices

14  
BREAKFAST BURRITO,  
Apple Juice  
Watermelon Chunks

15  
FRENCH TOAST Minis  
Strawberries  
Fresh Blueberries

18  
PB&J POCKET  
Fresh Apple XL

19  
BREAKFAST APPLE BAR  
Frozen Peach Cup

20  
CEREAL  
Peanut Butter PC  
Celery Sticks  
Craisins

21  
OATMEAL BAR  
Cheese Stick  
Applesauce Cup  
Fresh Plum

22  
BREAKFAST PIZZA  
Apple Juice  
Cantaloupe

25  
PANCAKE ON A STICK  
Apple Juice  
Watermelon Chunks

26  
ZUCCHINI BREAD  
Pear  
Orange Smiles

27  
CEREAL, 2 oz  
Fresh Apple XL

28  
BREAKFAST BURRITO  
Salsa  
Orange Juice

29  
APPLE CINNAMON CRUMBLE  
Fresh Oranges

What kind of shoes are made from Banana Peels? Slippers

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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**Meal Prices**

**ELEMENTARY BREAKFAST MENUS**