



September 2017

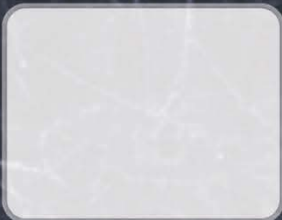
MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY



CORN DOG **01**
Baked Beans
Potato Rounds
Nectarine

 **04**
NO SCHOOL TODAY

TACOS **05**
Lettuce & Tomato
Pinto Beans
Potato Rounds
Watermelon Chunks

TENDERS, chicken **06**
Mashed Potatoes
Gravy, Roll
Green Beans
Fresh Plum

PIZZA **07**
Mexicali Corn
Broccoli w/ranch for dipping
Applesauce cups

HAMBURGER **08**
Lettuce & Tomato
Fries
Fresh Pear

HAM & CHEESE **11**
¾ c Fresh Veggie Sticks
Applesauce Cup
Cupcake

TANGERINE CHICKEN **12**
Oriental Vegetables
Pineapple Tidbits
Fried Rice
Fortune Cookie

ENCHILADAS Red **13**
Spanish Rice
Pinto Beans
Lettuce & tomato
Fruit Smoothie-Sidekick

SPAGHETTI **14**
Tossed Green Salad
Cut Green Beans
Fresh Apple Slices

FRITO PIE **15**
Lettuce & tomato
Fries, oven heated
Cantaloupe

PIZZA, Nardone **18**
Cherry Tomatoes
Celery Sticks w/ Ranch Dressing
Fresh Orange Smiles

BURRITO, **19**
Beef/Bean (homemade)
Salsa
Spanish Rice
Corn on the Cob
Frozen Fruit Cup

LASAGNA **20**
Roll
Tossed Green Salad w/ Ranch
Watermelon Chunks

CORN DOG **21**
Fries, sweet/white
Baked Beans
Fresh Banana

TURKEY & CH SANDWICH **22**
on Panini bread w/lettuce & tomato
Mixed Vegetable
Melody & Grapes

ASIAN CHERRY CHICKEN **25**
Noodles, Roll
Oriental Vegetables
Pineapple Tidbits

NACHOS **26**
Pinto Beans
Lettuce & tomato
Fresh Nectarine

DRUMSTICK, **27**
Mashed Potatoes
Gravy, Roll
Broccoli
Mixed Fruit

CHICKEN FAJITA w/fajita blend veggies **28**
Spanish Rice
Fruit fresh

HAMBURGER SLIDERS (2) **29**
Lettuce & tomato
Fries, sweet
Apple crisp-dried fruit

InSeason! 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.

Announcements

View menus at

<http://belen.healtheliving.net>

All meals are served with choice of milk; 1% White, or Fat Free White, or Strawberry 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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ELEMENTARY

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