


**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**

All meals are served with fresh fruit options daily.  
Milk choices daily:  
White 1%, FF White or FF Choc.  
(FF Strawberry when available.)


**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**CORN DOG Or BURGER** 01  
Baked Beans  
Potato Rounds  
Fresh Nectarine



04  
**NO SCHOOL**

**TACOS or Beef Burrito** 05  
Pinto Beans  
Salsa  
Potato Rounds  
Watermelon Chunks

**CHICKEN TENDERS or Breaded Chicken Fried Steak Patty** 06  
Mashed Potatoes /gravy, roll  
Green Beans, Plum

**FRENCH BREAD GARLIC CHEESE or Hamburger w/l&t** 07  
Mexicali Corn  
Broccoli Florets  
Fresh Fruit

**HAMBURGER OR Breaded Chicken Sandwich on roll** 08  
Lettuce & Tomato  
Fries  
Pear

**HAM & CHEESE or TURKEY & CHEESE** 11  
Lettuce/Tomatoes  
Fresh Veg Sticks 3/4c  
Applesauce Cup  
Brownies

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

**ENCHILADAS, RED or TACOS** 13  
Pinto Beans  
Lettuce & tomato  
Spanish Rice  
Fruit Smoothie, SK

**SPAGHETTI or Sloppy Joe on a Roll** 14  
Tossed Salad  
Ranch dressing  
Green Beans  
Fresh Fruit

**FRITO PIE OR CHILI BEANS w/Cornbread** 15  
Lettuce & Tomato  
Fries  
Cantaloupe

**PIZZA, SCHOOL OR STROMBOLI** 18  
Tossed Green Salad  
Cherry Tomatoes  
Orange Smiles

**BEEF or BEAN Burrito** 19  
Salsa  
Corn on the Cob  
Spanish Rice  
Frozen Fruit Cup

**LASAGNA or CHICKEN ALFREDO** 20  
Breadstick  
Tossed Green Salad  
Fresh Veggie Sticks  
Watermelon Chunks

**CORN DOG, WG or GREEN CHILI BURGER** 21  
Lettuce/Tomato  
Fries, white & sweet  
Baked Beans, Fruit

**TURKEY / CHEESE or Ham /Cheese Panini Sandwich** 22  
Lettuce & tomato  
Broccoli Salad  
Fresh Grapes

**CHERRY BLOSSOM OR TANGERINE CHICKEN** 25  
Oriental Vegetables  
Fried Rice  
Cucumber Slices

**NACHOS or TACO BURGER** 26  
Lettuce & tomato  
Pinto Beans  
Fresh Nectarine

**DRUMSTICK or TENDERS** 27  
Mashed Potatoes, Gravy, Broccoli  
ROLL, WW  
Mixed Fruit

**CHICKEN FAJITAS or CHICKEN QUESADILLA** 28  
Lettuce & tomato  
Salsa, Spanish Rice  
Fresh Fruit

**SLIDERS, hamburger or DELI SUB** (with Ham) 29  
roast beef and Turkey)  
Fries, White & Sweet  
Fresh Veggie Sticks  
Apple Crisps, dried fruit

**Announcements**

VIEW MENUS AT:  
<http://belen.healtheliving.net>

**All meals are served with choice of milk; 1% White Milk, or Fat Free Milk. 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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**BHS, BMS, INFINITY**

**BHS SERVES**  
3<sup>rd</sup> choice daily - Deli Sandwiches  
**On Ciabatta, Panini Bread or Hoagie Bun**  
Monday & Thurs Ham & Cheese,  
Tues & Fri. Turkey & Cheese  
Wed. Roast Beef  
4<sup>th</sup> Choice daily - Chef Salad  
5<sup>th</sup> Choice *T & TH*, Domino's Pizza- School Pizza M, W & F  
**MS Serves: Domino's T & F**