

Belen Consolidated Schools Summer Lunch Program

**Health·e
LIVING**



June 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

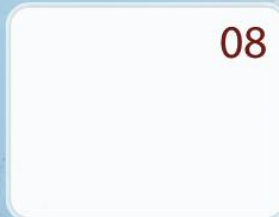


HOT HAM & CHEESE SANDWICH 04
Sun Chips, WG
Vegetable Sticks
Peaches, Canned

TACOS, BEEF 05
Lettuce & Tomato,
Garnish
Salsa
Spanish Rice
Watermelon

LASAGNA 06
Toast
Tossed Green Salad
Ranch dressing
Frozen Fruit Cup

NACHOS W/GROUND BEEF 07
Lettuce & Tomato,
Garnish
Fries
Strawberries or Grapes

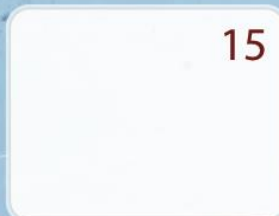


CHICKEN TENDERS 11
Mashed Potatoes
w/gravy
Corn
Roll
Fresh Fruit

PIZZA, CHEESE 12
Fresh Veggie Sticks
Ranch Dressing for
dipping
Fruit Smoothie,
Sidekick

FRITO PIE 13
Lettuce and Tomato,
Garnish
French Fries
Applesauce Cup

CHEESEBURGER 14
Lettuce & Tomato,
Tater Tots
Sun Chips, WG
Fresh Fruit Cups
(diced watermelon, apples and grapes)

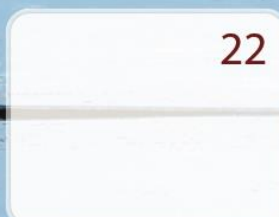


HOT HAM & CHEESE SANDWICH 18
Sun Chips, WG
Vegetable Sticks
Peaches, Canned

TACOS, BEEF 19
Lettuce & Tomato
Salsa
Spanish Rice
Watermelon

LASAGNA 20
Garlic Toast
Tossed Green Salad
Ranch dressing
Frozen Fruit Cup

NACHOS W/GROUND BEEF 21
Lettuce & Tomato,
Garnish
Fries
Strawberries or Grapes

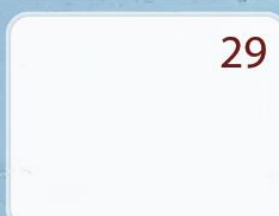


CHICKEN TENDERS 25
Mashed Potatoes
w/gravy, Corn, dinner
roll and Cantaloupe

PIZZA, cheese 26
Fresh Veggie Sticks
Ranch Dressing for
dipping
Fruit Smoothie,
Sidekick

FRITO PIE 27
Lettuce & Tomato,
Garnish
French Fries
Applesauce Cup

CHEESEBURGER 28
Lettuce & Tomato
Tater Tots
Fresh Fruit Cups
(diced watermelon, apples and grapes)



In Season! Watermelon

Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium.



Announcements

ALL meals served with MILK

DINNER
Monday-Thursday
only
At
St. Mary's Cafeteria

BCS/USDA is an equal opportunity employer.

In accordance with Federal Law & USDA, this institution is prohibited from discriminating on the basis of color, race, sex, age, political beliefs or disability. To file a complaint of discrimination call (202)720-5964

DINNER MENU

JUNE 4 THRU JULY 26
5:00 PM – 6:45 PM

