

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona Wash-
ington - Woodruff

Secondary Sites:

BAE - ATC - SHS - LF

Condiments:

Mustard, Ketchup, Mayo,
Ranch, Italian Dressing,
Syrup



Bellflower Unified School District

February 2023

Elementary & Secondary Menu

(Breakfast & Lunch will be served at all sites)

*We are an Equal Opportunity Provider. This Menu is Subject to Change Without Prior Notice.

Daily Choices:










Breakfast & Lunch:
Fruit Variety

Milk Options (choose 1):

Non-fat Milk, 1% Milk,
NF Chocolate* (M & F)

Alternative Entree:

Yogurt Meal
Bean & Cheese Burrito (M/F)
Cheese Quesadilla (T/Th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cereal 1% White Milk Craisins Cheese & Deep Dish Pepperoni Pizza Baby Carrots Ranch Pkt Apple Slices 	Waffle w/ Syrup 1% White Milk Mixed Fruit Spaghetti & Meat Sauce Garlic Bread Cheese Stick Broccoli Buds & Salad w/ Italian Dressing Pineapple Spears	Cereal Non-fat Chocolate Milk Craisins Chile Verde Chicken Tamale Refried Beans w/ Cheese Peach Frozen Cup Cookie
Cereal 1% White Milk Craisins Corn Dog Carrots & Celery Sticks Ketchup, Mustard, & Ranch Pkt Very Berry Juice	Vanilla Concha 1% White Milk Mixed Fruit Brunch For Lunch: Pork Sausage Sandwich w/ Hash Browns Ketchup Pkt Cantaloupe Chunks	Cereal 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Broccoli Buds & Salad w/ Ranch Pkt Apple Slices 	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit Beef Nachos Pinto Beans w/ Cheese Salsa Pineapple Spears	Cereal Non-fat Chocolate Milk Craisins Chicken Nuggets Ketchup & Mustard Pkt Baby Carrots & Broccoli Buds Ranch Pkt Strawberry Frozen Cup Cookie
Cereal Non-Fat Chocolate Milk Craisins Deli Roll-Up w/ Mayo & Mustard Pkts Baby Carrots w/ Ranch Pkt Orange Juice	Vanilla Concha 1% White Milk Mixed Fruit Roasted Chicken Mashed Potatoes w/ Gravy Hot Corn Cantaloupe Chunks Dinner Roll	Cereal 1% White Milk Craisins Cheese & Deep Dish Pepperoni Pizza Baby Carrots Ranch Pkt Apple Slices 	Waffle w/ Syrup 1% White Milk Mixed Fruit Orange Chicken Brown Rice Steamed Broccoli Pineapple Spears	 Abraham Lincoln Day No School
 No School	Vanilla Concha 1% White Milk Mixed Fruit Brunch For Lunch: Chicken & Waffle w/ Syrup Hash Browns Ketchup Pkt Cantaloupe Chunks	Cereal 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Broccoli Buds & Salad w/ Ranch Pkt Apple Slices 	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit Chicken Soft Tacos Fiesta Lime Salad Salsa Pineapple Spears	Cereal Non-Fat Chocolate Milk Craisins Corn Dog Baby Carrots w/ Ranch Pkt Vegetarian Chili Ketchup & Mustard Pkt Mixed Berry Frozen Cup
Cereal Non-Fat Chocolate Milk Craisins Deli Roll-Up w/ Mayo & Mustard Pkts Baby Carrots w/ Ranch Pkt Orange Juice	Vanilla Concha 1% White Milk Mixed Fruit Cheeseburger  Potato Wedges Served w/ Ketchup Pkt Cantaloupe Chunks			