



Bellflower Unified School District

September 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.

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Site:

LF

KEY:

Served Warm
(Breakfast)

Freshly Prepared

Daily Choices:

Breakfast & Lunch:
Fruit Variety

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

Condiments:
Mustard, Ketchup, Mayo,
BBQ, Ranch & Italian
Dressing, Syrup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cereal & Craisins or Waffle w/ Banana Glaze Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup
4 Labor Day No School	5 Concha Variety or Muffin Mixed Fruit Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	6 Cereal & Craisins or Yogurt Parfait Cheesy Beef Nachos Pinto Beans or Pizza Hut Broccoli Buds & Salad w/ Ranch Dressing Apple Slices	7 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears	8 Cereal & Craisins or Breakfast Fruit Pizza Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup
11 Cereal & Craisins or French Toast Sticks w/ Apple Glaze Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice	12 Northside Minimum Day Concha Variety or Muffin Mixed Fruit Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	13 Cereal & Craisins or Yogurt Parfait Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	14 Southside Minimum Day Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Beef Teriyaki Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears	15 Cereal & Craisins or Waffle w/ Banana Glaze Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup
18 Cereal & Craisins or French Toast Sticks w/ Apple Glaze Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice	19 Concha Variety or Muffin Mixed Fruit Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	20 Cereal & Craisins or Yogurt Parfait Cheesy Beef Nachos Pinto Beans or Pizza Hut Broccoli Buds & Salad w/ Ranch Dressing Apple Slices	21 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears	22 Cereal & Craisins or Breakfast Fruit Pizza Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup
25 Cereal & Craisins or French Toast Sticks w/ Apple Glaze Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice	26 Concha Variety or Muffin Mixed Fruit Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	27 Cereal & Craisins or Yogurt Parfait Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	28 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Beef Teriyaki Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears	29 Cereal & Craisins or Waffle w/ Banana Glaze Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup