

Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:



Freshly Prepared

BYO

Build Your Own



Greenhouse Grown (GG)
Freight Farmed (FF)



Bellflower Unified School District



January 2024 Middle & High School Lunch Menu



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

Daily Choices:

Breakfast & Lunch:
Juice and Fruit Variety

Milk Options (choose 1):
1% White,
Non-Fat Chocolate

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WINTER BREAK



No School

No School

FP **BYO Cheesy Beef Nachos**
Pinto Beans & Salsa
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Dip

FP **BYO Bean Nachos**

FP **Chicken Drumstick**
Dinner Roll
Loaded Mashed Potatoes
or
Grilled Cheese Sandwich
Celery w/ Ranch Dip
Pineapple Spears

FP **Chicken-less Nuggets**

FP **Chicken Enchilada Casserole**
Tortilla Chips & Salsa
or
Lemon Pepper Chicken Wings
Seasoned Potato Wedges
Cookie

FP **Cheese Enchilada Casserole**



FP **Spaghetti & Meat Sauce w/ Garlic Toast**
Cheese Stick
Romaine Salad
Ranch Dressing
or
Pull Apart Cheese
Marinara Sauce Cup

FP **Spaghetti & Marinara w/ Cheese Stick**

FP **BYO Chicken Tinga Burrito**
Ranch Style Beans
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Cup

FP **BYO Bean Burrito**

FP **Honey Fire Chicken**
Steamed Rice
Steamed Broccoli
or
Corn Dog
Celery w/ Ranch Dip
Pineapple Spears

FP **Orange Chicken-less Nuggets**

FP **BBQ Pulled Pork Mac and Cheese**
Dinner Roll
Baby Carrots
Ranch Dip
or
Chicken Chipotle Pocket
Cookie

FP **BBQ Chicken-less Nuggets, Mac & Cheese**

FP **Chicken Taco Salad w/ Cilantro Ranch Dressing**
or
Bean & Cheese Pupusa
Salsa
Baby Carrots
Ranch Dip
Orange Juice

FP **Taco Salad w/ Beans**

FP **Chicken Broccoli Alfredo w/ Garlic Toast**
Romaine Salad & **Freight Farm Lettuce**
Italian Dressing
or
Spicy Chicken Sandwich
BBQ, Honey Mustard & Ranch Dip

FP **Veggie Broccoli Alfredo**

FP **BYO Cheesy Beef Nachos**
Pinto Beans & Salsa
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Dip

FP **BYO Bean Nachos**

FP **Chicken Drumstick**
Dinner Roll
Loaded Mashed Potatoes
or
Grilled Cheese Sandwich
Celery w/ Ranch Dip
Pineapple Spears

FP **Chicken-less Nuggets**

FP **Chicken Enchilada Casserole**
Tortilla Chips & Salsa
or
Lemon Pepper Chicken Wings
Seasoned Potato Wedges
Cookie

FP **Cheese Enchilada Casserole**

FP **Tomato Bisque and Grilled Ham & Cheese Sandwich**
or
Chicken Taquitos
Salsa
Baby Carrots
Ranch Dip
Very Berry Juice

FP **Tomato Bisque w/ Dijon Melt Sandwich**

FP **Spaghetti & Meat Sauce w/ Garlic Toast**
Cheese Stick
Romaine Salad
Ranch Dressing
or
Pull Apart Cheese
Marinara Sauce Cup

FP **Spaghetti & Marinara w/ Cheese Stick**

FP **BYO Chicken Tinga Burrito**
Ranch Style Beans
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Cup

FP **BYO Bean Burrito**