

Daily Options:

Cereal
Craisins
Whole Fruit
Yogurt
Cheese Sticks

KEY:

Served Warm



Freshly Prepared



Bellflower Unified School District



January 2024 Middle & High School Breakfast Menu

Milk Options:

1% Milk

Nonfat Milk

Nonfat Chocolate
Milk

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3	4	5
8 No School	9 No School	10 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	11 Chocolate Donut or  Pancake on Stick w/ Syrup	12 (FP) Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety
15 	16  Breakfast Bites or Vanilla Concha	17 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	18 Chocolate Donut or  Pancake on Stick w/ Syrup	19 (FP) Breakfast Fruit Pizza or Muffin
22 (FP) French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup	23  Pork Sausage Sandwich <i>It's Back!</i> or Vanilla Concha	24 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	25 Chocolate Donut or  Pancake on Stick w/ Syrup	26 (FP) Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety
29 (FP) French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup	30  Breakfast Bites or Vanilla Concha	31 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar		