

Daily Options:

- Cereal
- Craisins
- Whole Fruit
- Yogurt
- Cheese Sticks



KEY:

Served Warm



Freshly Prepared



# Bellflower Unified School District



## October 2023 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   |
|---|--|--|--|--|
| 2<br>French Toast w/ Apple Glaze<br>or<br>Mini Brownie Bar  | 3<br>Mini Confetti Pancakes<br>or<br>Vanilla Concha  | 4<br>BYO Yogurt Bowl<br>or<br>Honey Wheat Breakfast Bar  | 5<br>Chocolate Donut<br>or<br>Pancake on Stick w/ Syrup  | 6<br>Breakfast Fruit Pizza<br>or<br>Muffin Variety                 |
| 9<br>No School  | 10<br>Mini Confetti Pancakes<br>or<br>Vanilla Concha | 11<br>BYO Yogurt Bowl<br>or<br>Honey Wheat Breakfast Bar | 12<br>Chocolate Donut<br>or<br>Pancake on Stick w/ Syrup | 13<br>Waffle w/ Banana & Syrup Pkt<br><br>or<br>Cereal Bar         |
| 16<br>French Toast w/ Apple Glaze<br>or<br>Mini Brownie Bar | 17<br>Mini Confetti Pancakes<br>or<br>Vanilla Concha | 18<br>BYO Yogurt Bowl<br>or<br>Honey Wheat Breakfast Bar | 19<br>Chocolate Donut<br>or<br>Pancake on Stick w/ Syrup | 20<br>Breakfast Fruit Pizza<br>or<br>Muffin Variety                |
| 23<br>French Toast w/ Apple Glaze<br>or<br>Mini Brownie Bar | 24<br>Mini Confetti Pancakes<br>or<br>Vanilla Concha | 25<br>BYO Yogurt Bowl<br>or<br>Honey Wheat Breakfast Bar | 26<br>Chocolate Donut<br>or<br>Pancake on Stick w/ Syrup | 27<br>Waffle w/ Banana & Syrup Pkt<br><br>or<br>Cereal Bar Variety |
| 30<br>French Toast w/ Apple Glaze<br>or<br>Mini Brownie Bar | 31<br>Mini Confetti Pancakes<br>or<br>Vanilla Concha |  |  |  |