

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



BUSD Freight Farm
Lettuce



Bellflower Unified School District

March 2024

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:**

Juice and 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
(FP) Cereal & Craisins or
Breakfast Fruit Pizza
(FP) **Mac and Cheese**
Dinner Roll
Baby Carrots w/
Ranch Pkt
or
Chicken Chipotle
Pocket
Fruit Cup

National

School

Breakfast

Week!

⁴
(FP) Cereal & Craisins or
Turkey Chorizo
Breakfast Burrito
(FP) **Chicken Taco**
Salad w/Cilantro
Ranch Dressing
or
Bean & Cheese
Pupusa
Salsa
Orange Juice

⁵
(FP) Concha Variety or
Pork Sausage
Sandwich
Mixed Fruit
(FP) **Chicken Broccoli**
Alfredo
Garlic Toast
Freight Farm Lettuce
Italian Dressing Pkt
or
Chicken Sandwich
w/ Ketchup, BBQ Pkt
Cantaloupe Chunks

⁶
(FP) Cereal & Craisins or
Yogurt Parfait
(FP) **Cheesy Beef Nachos**
Pinto Beans
or
Cheese & Deep Dish
Pepperoni Pizza
Freight Farm Lettuce
Ranch Dressing
Apple Slices

⁷
(FP) Chocolate Donut or
Breakfast Fried Rice
Mixed Fruit
(FP) **Chicken Drumstick**
Dinner Roll
Loaded Mashed
Potatoes
or
Chicken Nuggets
Baby Carrots w/
Ranch Pkt
Pineapple Spears

No School

¹¹
(FP) Cereal & Craisins or
French Toast Sticks
w/ Apple Glaze
(FP) **Tomato Bisque w/**
Grilled Ham &
Cheese Sandwich
or
Chicken Taquitos
Salsa
Very Berry Juice

¹²
(FP) Concha Variety or
Breakfast Bites
Mixed Fruit
(FP) **Spaghetti & Meat**
Sauce w/ Garlic Toast
Freight Farm Lettuce
Cheese Stick
Ranch Dressing
or
Pull Apart Cheese
Bread
Marinara Sauce Cup
Cantaloupe Chunks

¹³
(FP) Cereal & Craisins or
Yogurt Parfait
(FP) **Green Chile Beef**
Burrito w/
Ranch Style Beans
or
Cheese & Deep Dish
Pepperoni Pizza
Freight Farm Lettuce
Ranch Dressing
Apple Slices

¹⁴
Minimum Day
(FP) Chocolate Donut or
Pancake on Stick w/
Syrup
Mixed Fruit

Sack Lunches

No School

¹⁸
(FP) Cereal & Craisins or
French Toast Sticks
w/ Apple Glaze
(FP) **Chicken Taco**
Salad w/Cilantro
Ranch Dressing
or
Bean & Cheese
Pupusa
Salsa
Orange Juice

¹⁹
(FP) Concha Variety or
Pork Sausage
Sandwich
Mixed Fruit
(FP) **Chicken Broccoli**
Alfredo
Garlic Toast
Freight Farm Lettuce
Italian Dressing Pkt
or
Chicken Sandwich
w/ Ketchup, BBQ Pkt
Cantaloupe Chunks

²⁰
(FP) Cereal & Craisins or
Yogurt Parfait
(FP) **Cheesy Beef Nachos**
Pinto Beans
or
Cheese & Deep Dish
Pepperoni Pizza
Freight Farm Lettuce
Ranch Dressing
Apple Slices

²¹
(FP) Chocolate Donut or
Pancake on Stick w/
Syrup
Mixed Fruit
(FP) **Chicken Drumstick**
Dinner Roll
Loaded Mashed
Potatoes
or
Chicken Nuggets
Baby Carrots w/
Ranch Pkt
Pineapple Spears

²²
(FP) Cereal & Craisins or
Waffle w/ Banana &
Syrup Pkt
(FP) **Chicken Enchilada**
Casserole
Tortilla Chips &
Salsa
or
***Grilled Cheese**
Sandwich
Baby Carrots w/
Ranch Pkt
Fruit Cup

²⁵
(FP) Cereal & Craisins or
French Toast Sticks
w/ Apple Glaze
(FP) **Tomato Bisque and**
Grilled Ham &
Cheese Sandwich
or
Chicken Taquitos
Salsa
Very Berry Juice

²⁶
(FP) Concha Variety or
Breakfast Bites
Mixed Fruit
(FP) **Spaghetti & Meat**
Sauce w/ Garlic Toast
Freight Farm Lettuce
Cheese Stick
Ranch Dressing
or
Pull Apart Cheese
Bread
Marinara Sauce Cup
Cantaloupe Chunks

²⁷
(FP) Cereal & Craisins or
Yogurt Parfait
(FP) **Green Chile Beef**
Burrito w/
Ranch Style Beans
or
Cheese & Deep Dish
Pepperoni Pizza
Freight Farm Lettuce
Ranch Dressing
Apple Slices

²⁸
(FP) Chocolate Donut or
Pancake on Stick w/
Syrup
Mixed Fruit
(FP) **Orange Chicken**
Steamed Rice
Steamed Broccoli
or
Corn Dog
Celery w/ Ranch Pkt
Pineapple Spears

No School