

Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:

Freshly Prepared

BYO Build Your Own
(Includes fresh toppings)



**Bellflower Unified
School District**

September 2023

**Middle & High School
Lunch Menu**



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

Daily Choices:

Fruit Variety

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

Condiments:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Fries Ranch Dip Cookie
4 Labor Day No School	5 Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup Spaghetti & Marinara w/ Cheese Stick	6 BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup BYO Bean Nachos	7 Honey Fire Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears Orange Chicken-less	8 Beefy Mac Dinner Roll Carrots Ranch Dip or Chili Verde Chicken Tamale Refried Beans Cookie Mac & Cheese
11 Caesar Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots Ranch Dip Orange Juice Chef's Salad w/ Cheese	12 Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip Veggie Broccoli Alfredo	13 BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip BYO Bean Tacos	14 Honey Fire Chicken Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Pineapple Spears Orange Chicken-less	15 Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Fries Ranch Dip Cookie Dijon Melt Sandwich
18 Mediterranean Pasta Salad w/ Pepperoni Pita Bread or Chicken Taquitos Salsa Baby Carrots Ranch Dip Very Berry Juice Mediterranean Pasta Salad w/ Cheese	19 Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup Spaghetti & Marinara w/ Cheese Stick	20 BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup BYO Bean Nachos	21 Honey Fire Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears Orange Chicken-less	22 Beefy Mac Dinner roll Carrots Ranch Dip or Chili Verde Chicken Tamale Refried Beans Cookie Mac & Cheese
25 Caesar Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots Ranch Dip Orange Juice Chef's Salad w/ Cheese	26 Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip Veggie Broccoli Alfredo	27 BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip BYO Bean Tacos	28 Teriyaki Beef & Broccoli Steamed Rice or Brunch For Lunch: Grilled Cheese Sandwich Pineapple Spears Teriyaki Beef-less & Broccoli	29 Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Fries Ranch Dip Cookie Dijon Melt Sandwich