

Daily Options:

- Cereal
- Craisins
- Whole Fruit
- Cheese Sticks



# Bellflower Unified School District

## September 2023 Middle & High School Breakfast Menu



Milk Options:

1% Milk

Nonfat Milk

Nonfat Chocolate Milk

- KEY:**
- Served Warm
  - Freshly Prepared
  - BYO** Build Your Own (Includes fresh toppings)



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Waffles w/ Banana Glaze</b>  or <b>Cereal Bar Variety</b>
4 <b>Labor Day</b> <b>No School</b>	5 <b>Mini Confetti Pancakes</b> or <b>Vanilla Concha</b>	6 <b>BYO Yogurt Bowl</b> or <b>Honey Wheat Breakfast Bar</b>	7 <b>Chocolate Donut</b> or <b>Pancake on Stick w/ Syrup</b>	8 <b>Breakfast Fruit Pizza</b> or <b>Muffin Variety</b>
11 <b>French Toast w/ Apple Glaze</b>  or <b>Mini Brownie Bar</b>	12 <b>Mini Confetti Pancakes</b> or <b>Vanilla Concha</b>	13 <b>BYO Yogurt Bowl</b> or <b>Honey Wheat Breakfast Bar</b>	14 <b>Chocolate Donut</b> or <b>Pancake on Stick w/ Syrup</b>	15 <b>Waffles w/ Banana Glaze</b>  or <b>Cereal Bar Variety</b>
18 <b>French Toast w/ Apple Glaze</b>  or <b>Mini Brownie Bar</b>	19 <b>Mini Confetti Pancakes</b> or <b>Vanilla Concha</b>	20 <b>BYO Yogurt Bowl</b> or <b>Honey Wheat Breakfast Bar</b>	21 <b>Chocolate Donut</b> or <b>Pancake on Stick w/ Syrup</b>	22 <b>Breakfast Fruit Pizza</b> or <b>Muffin Variety</b>
25 <b>French Toast w/ Apple Glaze</b>  or <b>Mini Brownie Bar</b>	26 <b>Mini Confetti Pancakes</b> or <b>Vanilla Concha</b>	27 <b>BYO Yogurt Bowl</b> or <b>Honey Wheat Breakfast Bar</b>	28 <b>Chocolate Donut</b> or <b>Pancake on Stick w/ Syrup</b>	29 <b>Waffles w/ Banana Glaze</b>  or <b>Cereal Bar Variety</b>