



Bellflower Unified School District

August 2023

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.

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

Daily Choices:

Breakfast & Lunch:

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	2	3	4
7	8	9	10	11
			Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/Ranch Pkt Pineapple Chunks	Cereal & Craisins or Breakfast Fruit Pizza Beefy Mac Dinner roll Baby Carrots & w/Ranch Pkt or Chili Verde Chicken Tamale Vegetarian Chili Fruit Cup
14	15	16	17	18
Cereal & Craisins or French Toast Sticks w/ Apple Glaze Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice	Concha Variety or Muffin Mixed Fruit Chicken Broccoli Alfredo Garlic Toast Jicama w/Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	Cereal & Craisins or Yogurt Parfait Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Beef Teriyaki Steamed Rice Steamed Broccoli or Brunch For Lunch: Chicken & Waffle w/ Syrup Hash Browns Pineapple Chunks	Cereal & Craisins or Waffle w/ Banana Glaze Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup
21	22	23	24	25
Cereal & Craisins or French Toast Sticks w/ Apple Glaze Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice	Concha Variety or Muffin Mixed Fruit Spaghetti & Meat Sauce Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup Cantaloupe Chunks	Cereal & Craisins or Yogurt Parfait Beef Nachos Pinto Beans w/ Mozzarella Cheese or Pizza Hut (Elementary) Broccoli Buds & Salad w/ Ranch Dressing Apple Slices	Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/Ranch Pkt Pineapple Chunks	Cereal & Craisins or Breakfast Fruit Pizza Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Vegetarian Chili Fruit Cup
28	29	30	31	
Cereal & Craisins Or French Toast Sticks w/ Apple Glaze Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice	Concha Variety or Muffin Mixed Fruit Chicken Broccoli Alfredo Garlic Bread Jicama w/Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	Cereal & Craisins Or Yogurt Parfait Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	Chocolate Donut Or Pancake on Stick w/ Syrup Mixed Fruit Beef Teriyaki Steamed Rice Steamed Broccoli or Brunch For Lunch: Chicken & Waffle w/ Syrup Hash Browns Pineapple Chunks	