

**Sites Included:**  
BAE - ATC - SHS

**DAILY VEGETARIAN  
OPTIONS!**

**KEY:**

**FP** Freshly Prepared

**BYO** Build Your Own



**Bellflower Unified  
School District**



**August 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	2	3	4
7	8	9	10	11
			<p><b>FP</b> Honey Fire Chicken Chow Mein Steamed Broccoli or <b>Bean &amp; Cheese Burrito</b> Celery w/ Ranch Dip Pineapple Chunks</p> <p><b>FP</b> Orange Chicken-less</p>	<p><b>FP</b> Beefy Mac <i>It's Back!</i> Dinner roll Carrots Ranch Dip or <b>Chili Verde Chicken Tamale</b> Vegetarian Chili Cookie</p> <p><b>FP</b> Mac &amp; Cheese <i>NEW</i></p>
14	15	16	17	18
<p><b>FP</b> Caesar Chicken Salad Wrap <i>NEW</i> or <b>Bean &amp; Cheese Pupusa</b> Salsa Baby Carrots Ranch Dip Orange Juice</p> <p><b>FP</b> Chef's Salad w/ Cheese</p>	<p><b>FP</b> Chicken Broccoli Alfredo Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or <b>Spicy Chicken Sandwich</b> BBQ, Honey Mustard &amp; Ranch Dip</p> <p><b>FP</b> Veggie Broccoli Alfredo</p>	<p><b>FP</b> Build Your Own (BYO): Chicken Tinga Tacos <i>NEW</i> Fiesta Lime Salad &amp; Salsa or <b>Pizza Hut! Pepperoni &amp; Cheese Pizza</b>  Romaine Salad BUSD Ranch Cup</p> <p><b>FP</b> Build Your Own: (BYO) Bean Tacos <i>NEW</i></p>	<p><b>FP</b> Honey Fire Chicken Chow Mein Steamed Broccoli or <b>Brunch For Lunch:</b> Chicken &amp; Waffle Syrup Hash Browns Pineapple Chunks</p> <p><b>FP</b> Orange Chicken-less</p>	<p><b>FP</b> Chicken Enchilada Casserole <i>NEW</i> Tortilla Chips &amp; Salsa or <b>Lemon Pepper Chicken Wings</b> <i>NEW</i> Seasoned Fries Ranch Dip Cookie</p> <p><b>FP</b> Dijon Melt Sandwich</p>
21	22	23	24	25
<p><b>FP</b> Mediterranean Pasta Salad w/ Pepperoni <i>NEW</i> Pita Bread or <b>Chicken Taquitos</b> Salsa Baby Carrots Ranch Dip Very Berry Juice</p> <p><b>FP</b> Mediterranean Pasta Salad w/ Cheese <i>NEW</i></p>	<p><b>FP</b> Spaghetti &amp; Meat Sauce Cheese Stick Garlic Toast Jicama w/Tajin Romaine Salad Ranch Dressing or <b>Pull Apart Cheese</b> Marinara Sauce Cup</p> <p><b>FP</b> Spaghetti &amp; Marinara w/ Cheese Stick</p>	<p><b>FP</b> Build Your Own (BYO): Beef Nachos <i>NEW</i> Pinto Beans &amp; Salsa or <b>Cheese &amp; Deep Dish Pepperoni Pizza</b> Celery BUSD Ranch Dip</p> <p><b>FP</b> Build Your Own: (BYO) Bean Nachos</p>	<p><b>FP</b> Honey Fire Chicken Chow Mein Steamed Broccoli or <b>Bean &amp; Cheese Burrito</b> Celery w/ Ranch Dip Pineapple Chunks</p> <p><b>FP</b> Orange Chicken-less</p>	<p><b>FP</b> Beefy Mac Dinner roll Carrots Ranch Dip or <b>Chili Verde Chicken Tamale</b> Vegetarian Chili Cookie</p> <p><b>FP</b> Mac &amp; Cheese</p>
28	29	30	31	
<p><b>FP</b> Caesar Chicken Salad Wrap or <b>Bean &amp; Cheese Pupusa</b> Salsa Baby Carrots Ranch Dip Orange Juice</p> <p><b>FP</b> Chef's Salad w/ Cheese</p>	<p><b>FP</b> Chicken Broccoli Alfredo Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or <b>Spicy Chicken Sandwich</b> BBQ, Honey Mustard &amp; Ranch Dip</p> <p><b>FP</b> Veggie Broccoli Alfredo</p>	<p><b>FP</b> BYO: Chicken Tinga Tacos Fiesta Lime Salad &amp; Salsa or <b>Pizza Hut! Pepperoni &amp; Cheese Pizza</b>  Romaine Salad BUSD Ranch Cup</p> <p><b>FP</b> BYO: Bean Tacos</p>	<p><b>FP</b> Teriyaki Beef &amp; Broccoli <i>NEW</i> Steamed Rice or <b>Brunch For Lunch:</b> Chicken &amp; Waffle Syrup Hash Browns Pineapple Chunks <i>NEW</i></p> <p><b>FP</b> Teriyaki Beef-less &amp; Broccoli</p>	