

Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:

(FP) Freshly Prepared

BYO Build Your Own

(Greenhouse) Grown



Bellflower Unified School District



February 2024

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



5
(FP) **Chicken Taco Salad w/Cilantro Ranch Dressing**
or
Bean & Cheese Pupusa
Salsa
Orange Juice
(FP) **Taco Salad w/ Beans**

6
(FP) **Chicken Broccoli Alfredo w/ Garlic Toast**
Romaine Salad
Italian Dressing
or
Spicy Chicken Sandwich
BBQ, Honey Mustard & Ranch Dip
(FP) **Veggie Broccoli Alfredo**

7
(FP) **BYO Cheesy Beef Nachos**
Pinto Beans & Salsa
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Dip
(FP) **BYO Bean Nachos**

8
(FP) **Honey Fire Chicken**
Steamed Rice
Steamed Broccoli
or
Corn Dog
Celery w/ Ranch Dip
Pineapple Spears
(FP) **Orange Chicken-less Nuggets**


9
(FP) **BBQ Pulled Pork Mac and Cheese**
Dinner roll
Baby Carrots
Ranch Dip
or
Chicken Chipotle Pocket
Cookie
(FP) **BBQ Chicken-less Nuggets, Mac & Cheese**
(FP) **Chicken Enchilada Casserole**
Tortilla Chips & Salsa
or
Lemon Pepper Chicken Wings
Seasoned Potato Wedges
Cookie
(FP) **Cheese Enchilada Casserole**


12
(FP) **Tomato Bisque and Grilled Ham & Cheese Sandwich**
or
Chicken Taquitos
Salsa
Very Berry Juice
(FP) **Tomato Bisque w/ Dijon Melt Sandwich**

13
(FP) **Spaghetti & Meat Sauce w/ Garlic Toast**
Cheese Stick
Romaine Salad
Ranch Dressing
or
Pull Apart Cheese
Marinara Sauce Cup
(FP) **Spaghetti & Marinara w/ Cheese Stick**

14
(FP) **BYO Chicken Tinga Burrito**
Ranch Style Beans
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Cup
Holiday Cookie
(FP) **BYO Bean Burrito**

15
(FP) **Honey Fire Chicken**
Steamed Rice
Steamed Broccoli
or
Corn Dog
Celery w/ Ranch Dip
Pineapple Spears
(FP) **Orange Chicken-less Nuggets**

16

**Abraham Lincoln Day
No School**

19

No School

20
(FP) **Chicken Broccoli Alfredo w/ Garlic Toast**
Romaine Salad
Italian Dressing
or
Spicy Chicken Sandwich
BBQ, Honey Mustard & Ranch Dip
(FP) **Veggie Broccoli Alfredo**

21
(FP) **BYO Cheesy Beef Nachos**
Pinto Beans & Salsa
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Dip
(FP) **BYO Bean Nachos**

22
(FP) **Chicken Drumstick**
Dinner Roll
Loaded Mashed Potatoes
or
Grilled Cheese Sandwich
Celery w/ Ranch Dip
Pineapple Spears
(FP) **Chicken-less Nuggets**

23
(FP) **Chicken Enchilada Casserole**
Tortilla Chips & Salsa
or
Lemon Pepper Chicken Wings
Seasoned Potato Wedges
Cookie
(FP) **Cheese Enchilada Casserole**

26
(FP) **Tomato Bisque and Grilled Ham & Cheese Sandwich**
or
Chicken Taquitos
Salsa
Juice
(FP) **Tomato Bisque w/ Dijon Melt Sandwich**

27
(FP) **Spaghetti & Meat Sauce w/ Garlic Toast**
Cheese Stick
Romaine Salad
Ranch Dressing
or
Pull Apart Cheese
Marinara Sauce Cup
(FP) **Spaghetti & Marinara w/ Cheese Stick**

28
(FP) **BYO Chicken Tinga Burrito**
Ranch Style Beans
or
Cheese & Deep Dish Pepperoni Pizza
Romaine Salad
BUSD Ranch Cup
(FP) **BYO Bean Burrito**

29
(FP) **Honey Fire Chicken**
Steamed Rice
Steamed Broccoli
or
Corn Dog
Celery w/ Ranch Dip
Pineapple Spears
(FP) **Orange Chicken-less Nuggets**