



Bellflower Unified School District

December 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 Cereal & Craisins or Waffle w/ Banana & Syrup Pkt FP Chicken Enchilada Casserole FP Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup
4 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Pasta Salad w/ Turkey Ham FP Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice	5 Concha Variety or Breakfast Bites Mixed Fruit FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	6 Cereal & Craisins or Yogurt Parfait FP Cheesy Beef Nachos FP Pinto Beans or Pizza Hut (Elementary) FP Romaine Salad w/ Ranch Dressing Apple Slices	7 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Orange Chicken FP Steamed Rice Steamed Broccoli or Corn Dog FP Celery w/ Ranch Pkt Pineapple Spears	8 Cereal & Craisins or Breakfast Fruit Pizza FP BBQ Pulled Pork Mac and Cheese FP Dinner roll Baby Carrots w/ Ranch Pkt or Chicken Chipotle Pocket Fruit Cup
11 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Chicken Salad Wrap FP or Bean & Cheese Pupusa FP Salsa Baby Carrots w/ Ranch Pkt Orange Juice	12 Concha Variety or Breakfast Bites Mixed Fruit FP Chicken Broccoli Alfredo FP Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	13 Cereal & Craisins or Yogurt Parfait FP Beef Tacos FP w/ Chipotle Fiesta Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza FP Celery w/ Ranch Dressing Apple Slices	14 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Roasted Chicken FP Honey Biscuit Loaded Mashed Potatoes or Grilled Cheese Sandwich FP Baby Carrots w/ Ranch Pkt Pineapple Spears	15 Cereal & Craisins or Waffle w/ Banana & Syrup Pkt FP Chicken Enchilada Casserole FP Tortilla Chips & Salsa or Chicken Nuggets FP Baby Carrots w/ Ranch Pkt Fruit Cup Holiday Cookie
18 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Pasta Salad w/ Turkey Ham FP Hawaiian Roll or Chicken Taquitos FP Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice	19 Concha Variety or Breakfast Bites Mixed Fruit FP Spaghetti & Meat Sauce w/ Garlic Toast FP Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread FP Marinara Sauce Cup Cantaloupe Chunks	20 Cereal & Craisins or Yogurt Parfait FP Cheesy Beef Nachos FP Pinto Beans or Pizza Hut (Elementary) FP Romaine Salad w/ Ranch Dressing Apple Slices	21 Minimum Day Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit Sack Lunch	22 School Closed
25	26	27	28	29

