



Bellflower Unified School District

May 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 Sites:

BAE - ATC - SHS - LF

Condiments:

Mustard, Ketchup, Mayo,
Ranch, Italian Dressing,
Syrup

Daily Choices:

Breakfast & Lunch:

Fruit Variety

Milk Options (choose 1):

Non-fat Milk, 1% Milk,
NF Chocolate* (M & F)

Alternative Entree:

Yogurt Meal
Bean & Cheese Burrito (M/F)
Cheese Quesadilla (T/Th)
Sunbutter Grape Sandwiches (W)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Minimum Day- North Side 2	3	Minimum Day- South Side 4	5
Cereal Non-Fat Chocolate Milk Craisins Ham & Cheese Melt Baby Carrots & Celery Mayo, Mustard & Ranch Pkts Orange Juice	Concha 1% White Milk Mixed Fruit Sloppy Joe Potato Wedges  Steamed Carrots Ketchup & Mayo Pkts Cantaloupe Chunks Sack Lunch	Chocolate Donut 1% White Milk Craisins Deep Dish Cheese & Pepperoni Pizza Celery w/ Ranch Pkt Steamed Carrots Apple Slices 	Waffle w/ Syrup 1% White Milk Mixed Fruit Spaghetti & Meat Sauce Garlic Bread Cheese Stick Broccoli Buds & Salad w/ Italian Dressing Pineapple Chunks Sack Lunch	Cereal Non-fat Chocolate Milk Craisins Chile Verde Chicken Tamale Salsa Green Beans Mixed Fruit Cup
8	9	10	11	12
Cereal 1% White Milk Craisins Corn Dog Baby Carrots & Celery Ketchup, Mustard & Ranch Pkt Very Berry Juice	Concha 1% White Milk Mixed Fruit BBQ Pulled Pork  Diced Potatoes Steamed Carrots Ketchup Pkt Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Broccoli Buds & Salad w/ Ranch Dressing Apple Slices 	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit Beef Nachos Salsa Pinto Beans w/ Cheese Pineapple Chunks	Cereal Non-Fat Chocolate Milk Craisins Chicken Nuggets Chips Steamed Carrots & Broccoli Buds Ketchup, Mustard & Ranch Pkts Mixed Fruit Cup
15	16	17	18	19
Cereal Non-Fat Chocolate Milk Craisins Ham & Cheese Melt Baby Carrots & Celery Ketchup, Mustard & Ranch Pkts Orange Juice	Concha 1% White Milk Mixed Fruit Potato Wedges Sloppy Joe Potato Wedges Steamed Carrots Ketchup & Mayo Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins Deep Dish Cheese & Pepperoni Pizza Celery w/ Ranch Pkt Steamed Carrots Apple Slices 	Waffle w/ Syrup 1% White Milk Mixed Fruit BBQ Pulled Pork Broccoli Buds w/ Ranch Pkt Pinto Beans Pineapple Chunks	Cereal Non-Fat Chocolate Milk Craisins  Honey Fire Chicken Rice Baby Carrots w/ Ranch Pkt Green Beans Mixed Fruit Cup
22	23	24	25	26
Cereal 1% White Milk Craisins Chicken Sandwich or Manager's Choice Baby Carrots & Celery Ketchup, Mayo & Ranch Pkts Very Berry Juice	Concha 1% White Milk Mixed Fruit Ham & Cheese Melt or Manager's Choice Diced Potatoes Ketchup & Mustard Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Broccoli Buds & Salad w/ Ranch Dressing Apple Slices 	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit Beef Soft Tacos or Manager's Choice Fiesta Lime Salad Salsa Pineapple Chunks	Cereal Non-fat Chocolate Milk Craisins Corn Dog or Manager's Choice Steamed Carrots & Celery Ketchup, Mustard, & Ranch Pkts Mixed Fruit Cup
29	30	31	Minimum Day 1	
Memorial Day! No School	Concha 1% White Milk Mixed Fruit Sloppy Joe or Manager's Choice Diced Potatoes Ketchup & Mayo Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins Deep Dish Cheese & Pepperoni Pizza Celery w/ Ranch Pkt Steamed Carrots Apple Slices 	Waffle w/ Syrup 1% White Milk Mixed Fruit Sack Lunch	