

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Sites:

BAE - ATC - SHS

Condiments:

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



Bellflower Unified School District

September 2022

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.







Daily Choices:

Breakfast & Lunch:
Fruit Variety

Milk Options (choose 1):

Non-fat Milk, 1% Milk,
NF Chocolate* (*Mondays
& Fridays ONLY)

Alternative Entree:
Yogurt Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			French Toast Sticks w/ syrup 1% White Milk Mixed Fruit Chicken Soft Tacos Pinto Beans w/ Cheese Salsa Orange Wedges	SHS: Breakfast ONLY Cereal Non-fat Chocolate Milk Craisins Chicken Sandwich Baby Carrots & Broccoli Served w/ Ketchup, BBQ, & Ranch Pkt Mixed Fruit
	Vanilla Concha 1% White Milk Mixed Fruit Cheeseburger Crinkle Cut Fries Served w/ Ketchup Pkt Honeydew Bites	Cereal 1% White Milk Craisins Pepperoni & Cheese Pizza Baby Carrots & Salad w/ Ranch Pkt Apple Slices 	Chocolate Chip Waffle w/ Syrup 1% White Milk Mixed Fruit Spaghetti & Meat Sauce Garlic Bread Cheese Stick Cucumbers & Salad w/ Italian Dressing 	Cereal Non-fat Chocolate Milk Craisins Grilled Cheese Sandwich Baby Carrots & Broccoli Buds w/ Ranch Pkt Mixed Fruit
SHS Intercession: Lunch ONLY 19	Back To School Night 13 Vanilla Concha 1% White Milk Mixed Fruit Brunch For Lunch: Pork Sausage Sandwich w/ Ketchup Pkt Tater Tots Honeydew Bites SOUTH Schools: Open House Minimum Day: Sack Lunch	SHS Intercession: Lunch ONLY 21 Cereal 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Pizza Baby Carrots & Salad w/ Ranch Pkt Apple Slices 	Back To School Night 15 French Toast Sticks w/ syrup 1% White Milk Mixed Fruit Beef Nachos Pinto Beans w/ Cheese Salsa Orange Wedges NORTH Schools: Open House Minimum Day: Sack Lunch	SHS: Breakfast ONLY 16 Cereal Non-fat Chocolate Milk Craisins Chicken Nuggets Ketchup & Mustard Pkt Baby Carrots & Broccoli Ranch Pkt Mixed Fruit
Vanilla Concha Non-fat Chocolate Milk Craisins Corn Dog Carrots & Celery Sticks Ketchup, Mustard, & Ranch Pkt Very Berry Juice	Vanilla Concha 1% White Milk Mixed Fruit Cheeseburger Crinkle Cut Fries Served w/ Ketchup Pkt Honeydew Bites	Cereal 1% White Milk Craisins Pepperoni & Cheese Pizza Baby Carrots & Salad w/ Ranch Pkt Apple Slices 	French Toast Sticks w/ syrup 1% White Milk Mixed Fruit Orange Chicken Brown Rice Steamed Broccoli Orange Wedges	Cereal Non-fat Chocolate Milk Craisins Chile Verde Cheese Tamale Refried Beans w/ Cheese Mixed Fruit
SHS: NO SCHOOL 26	SHS: NO SCHOOL 27	SHS: NO SCHOOL 28	SHS: NO SCHOOL 29	SHS: NO SCHOOL 30
Vanilla Concha 1% White Milk Craisins Corn Dog Carrots & Celery Sticks Ketchup, Mustard, & Ranch Pkt Very Berry Juice	Vanilla Concha 1% White Milk Mixed Fruit Brunch For Lunch: Pork Sausage Sandwich w/ Ketchup Pkt Tater Tots Honeydew Bites	Cereal 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Cucumbers & Salad w/ Ranch Pkt Apple Slices 	French Toast Sticks w/ syrup 1% White Milk Mixed Fruit Chicken Soft Tacos Pinto Beans w/ Cheese Salsa Orange Wedges	Cereal Non-fat Chocolate Milk Craisins Chicken Sandwich Baby Carrots & Broccoli Served w/ Ketchup, BBQ, & Ranch Pkt Mixed Fruit