



Bellflower Unified School District

We are an Equal Opportunity Provider. This Menu is Subject to Change Without Prior Notice.

Daily Choices:
Breakfast Includes the Choice of Fruit or 100% Fruit Juice

New Items



May 2022 Middle & High School Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal or Vanilla Concha 1% White Milk	3 Muffin or Mini Brownie Bar Non-Fat Chocolate Milk	4 Cereal or Chocolate Oatmeal Bar 1% White Milk	5 2 French Toast Sticks Served w/ Syrup Pkt or Strawberry Nutrigrain Bar 1% White Milk	6 Cereal or Mini Brownie Bar 1% White Milk
9 Cereal or Vanilla Concha 1% White Milk	10 Muffin or Mini Brownie Bar Non-Fat Chocolate Milk	11 Cereal or Chocolate Oatmeal Bar 1% White Milk	12 Mini Pancakes or Strawberry Nutrigrain Bar 1% White Milk	13 Cereal or Mini Brownie Bar 1% White Milk
16 Cereal or Vanilla Concha 1% White Milk	17 Muffin or Mini Brownie Bar Non-Fat Chocolate Milk	18 Cereal or Chocolate Oatmeal Bar 1% White Milk	19 2 French Toast Sticks Served w/ Syrup Pkt or Strawberry Nutrigrain Bar 1% White Milk	20 Cereal or Mini Brownie Bar 1% White Milk
23 Cereal or Vanilla Concha 1% White Milk	24 Muffin or Mini Brownie Bar Non-Fat Chocolate Milk	25 Cereal or Chocolate Oatmeal Bar 1% White Milk	26 Mini Pancakes or Strawberry Nutrigrain Bar 1% White Milk	27 Cereal or Mini Brownie Bar 1% White Milk
30 NO SCHOOL  MEMORIAL DAY REMEMBER & HONOR	31 Muffin or Mini Brownie Bar Non-Fat Chocolate Milk	June 1 Cereal or Chocolate Oatmeal Bar 1% White Milk	June 2 2 French Toast Sticks Served w/ Syrup Pkt or Strawberry Nutrigrain Bar 1% White Milk	