



Bellflower Unified School District



May 2022 Middle & High School Lunch Menu



Daily Choices:
Spicy Chicken
Sandwich Bean &
Cheese Burrito

Fruit Variety

**DAILY VEGETARIAN
OPTIONS!**

Milk Options (choose 1):
Non-fat White, 1% White,
Non-Fat Chocolate (Mon.
& Fri. Only)

Condiments:
BBQ Sauce
Ranch Dip
Italian Dressing Pkt
Ketchup
Mustard
Mayo

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Nuggets w/Dips Chips Celery Sticks Baby Carrots Served w/ Ketchup Pkt, BBQ & Ranch Dips Chicken-less Nuggets	3 Chili Bowl: Beef Chili w/ Shredded Cheese Tortillas Wedge Fries Chili Bowl: Bean Chili w/ Shredded Cheese	4 Pepperoni & Cheese Pizza Broccoli Cucumbers Served w/ Ranch Dip Cheese Pizza	5 BBQ Pork Sandwich Green Beans Jicama w/ Tajin Dijon Melt Sandwich	6 Beef Soft Tacos w/ Shredded Cheese Refried Beans Salsa Cookie Bean Soft Tacos
9 Cheeseburger Crinkle Cut Fries Baby Carrots Served w/ Mustard, Ketchup, & Ranch Pkt Dijon Melt Sandwich	10 Chef's Salad w/ Chicken: Romaine, Spinach, Cherry Tomatoes, Cucumbers, Cheese Crackers Served w/ Ranch Dip Snack Pack: 2 Varieties! Protein, Fruit, Crackers, & Vegetable	11 Pizza Hut Day!! Pepperoni & Cheese Pizza Green Beans Cucumbers Served w Ranch Dip Cheese Pizza 	12 Chile Verde Cheese Tamales Pinto Beans w/ Cheese Baby Carrots w/ Ranch Pkt Chile Verde Cheese Tamales	13 Chicken Drumstick w/ Mashed Potatoes & Gravy Steamed Carrots Honey Biscuit Cookie Chicken-less Nuggets
16 Chicken Nuggets w/Dips Chips Celery Sticks Baby Carrots Served w/ Ketchup Pkt, BBQ & Ranch Dips Chicken-less Nuggets	17 Chili Bowl: Beef Chili w/ Shredded Cheese Tortillas Wedge Fries Chili Bowl: Bean Chili w/ Shredded Cheese	18 Pepperoni & Cheese Pizza Broccoli Cucumbers Served w/ Ranch Dip Cheese Pizza	19 BBQ Pork Sandwich Green Beans Jicama w/ Tajin Dijon Melt Sandwich	20 Spaghetti & Meat Sauce Cheese Stick Garlic Bread Broccoli & Baby Carrots Served w/ Ranch Pkt Cookie Spaghetti & Marinara Sauce
23 Cheeseburger Crinkle Cut Fries Baby Carrots Served w/ Mustard, Ketchup, & Ranch Pkt Dijon Melt Sandwich	24 Chef's Salad w/ Chicken: Romaine, Spinach, Cherry Tomatoes, Cucumbers, Cheese Crackers Served w/ Ranch Dip Snack Pack: 2 Varieties! Protein, Fruit, Crackers, & Vegetable	25 Pizza Hut Day!! Pepperoni & Cheese Pizza Green Beans Cucumbers Served w Ranch Dip Cheese Pizza 	26 Chile Verde Cheese Tamales Pinto Beans w/ Cheese Steamed Carrots Chile Verde Cheese Tamales	27 Beef Soft Tacos w/ Shredded Cheese Refried Beans Salsa Cookie Bean Soft Tacos
30 NO SCHOOL  MEMORIAL DAY REMEMBER & HONOR	31 Corn Dog Green Beans Jicama w/ Tajin Egg Salad Sandwich	June 1 Pepperoni & Cheese Pizza Broccoli Cucumbers Served w/ Ranch Dip Cheese Pizza	June 2 Minimum Day: Sack Lunch Last Day of School!!!	