

Daily Options:

- Whole Fruit
- Yogurt
- Cheese Sticks



Bellflower Unified School District







February 2023 Middle & High School Breakfast Menu



Milk Options:

- 1% Milk
- Nonfat Milk
- Nonfat Chocolate Milk

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
|  |  | Muffin <i>or</i> Honey Wheat Breakfast Bar | French Toast Sticks Served w/ Syrup Pkt <i>or</i> Strawberry Nutrigrain Bar | Cereal <i>or</i> Mini Brownie Bar |
| Muffin <i>or</i> Mini Brownie Bar | Cereal <i>or</i> Vanilla Concha | Muffin <i>or</i> Honey Wheat Breakfast Bar | Waffle Served w/ Syrup Pkt <i>or</i> Strawberry Nutrigrain Bar | Cereal <i>or</i> Mini Brownie Bar |
| Muffin <i>or</i> Mini Brownie Bar | Cereal <i>or</i> Vanilla Concha | Muffin <i>or</i> Honey Wheat Breakfast Bar | French Toast Sticks Served w/ Syrup Pkt <i>or</i> Strawberry Nutrigrain Bar |  Abraham Lincoln Day No School |
|  No School | Cereal <i>or</i> Vanilla Concha | Muffin <i>or</i> Honey Wheat Breakfast Bar | Waffle Served w/ Syrup Pkt <i>or</i> Strawberry Nutrigrain Bar | Cereal <i>or</i> Mini Brownie Bar |
| Muffin <i>or</i> Mini Brownie Bar | Cereal <i>or</i> Vanilla Concha | | | |