

**Daily Choices:**  
 Spicy Chicken Sandwich  
 Bean & Cheese Burrito  
 Mini Twin Cheeseburgers

Fruit Variety

**DAILY VEGETARIAN  
 OPTIONS!**

**Bellflower Unified  
 School District**



**February 2023  
 Middle & High School  
 Lunch Menu**



**Milk Options (choose 1):**  
 Non-Fat White, 1% White,  
 Non-Fat Chocolate

**Condiments:**  
 BBQ Sauce  
 Ranch Cup  
 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
		<b>Pizza Hut Day!!</b> <b>Pepperoni &amp; Cheese</b> Romaine Salad Celery Sticks Ranch Cup  <b>Pizza Hut Cheese Pizza</b>	<b>Spaghetti &amp; Meat Sauce</b> Garlic Bread Cheese Stick Salad in a Bag Italian Dressing Pineapple Spears <b>Spaghetti &amp; Marinara                      Sauce</b>	<b>Chile Verde Chicken                      Tamale</b> Pinto Beans w/ cheese Salsa Cookie  <b>Chile Verde Cheese                      Tamale</b>
<b>Snack Pack:</b> Diced Ham String Cheese Savory Bites Carrots & Celery Very Berry Juice Ranch Dip <b>Chef's Salad w/ Cheese</b>	<b>Brunch For Lunch:</b> Sausage, Egg & Cheese Bagel Tater Tots Jicama Sticks w/ Tajin Ketchup Packet <b>Egg &amp; Cheese Bagel</b>	<b>Cheese &amp; Deep Dish                      Pepperoni Pizza</b> Romaine Salad Baby Carrots Ranch Cup  <b>Pizza Hut Cheese Pizza</b>	<b>Beef Nachos</b> Refried Beans w/ Cheese Salsa Pineapple Spears <b>Bean Nachos</b>	<b>Chicken Strips</b> Cheez-Itz Carrots & Celery BBQ, Honey Mustard & Ranch Dip Cookie  <b>Chicken-less Nuggets</b>
<b>Deli Roll-Up</b> w/ Mayo & Mustard Pkts Baby Carrots Jicama Sticks Ranch Dip Orange Juice	<b>Roasted Chicken</b> Mashed Potatoes w/ Gravy Hot Corn Dinner Roll <b>Chicken-less Chicken &amp;                      Gravy</b>	<b>Pizza Hut Day!!</b> <b>Pepperoni &amp; Cheese</b> Romaine Salad Baby Carrots Ranch Cup  <b>Cheese Pizza</b>	<b>Honey Fire Chicken</b> Chow Mein Steamed Broccoli Pineapple Spears  <b>Orange Chicken-less</b>	 <b>Abraham Lincoln Day                      No School</b>
 <b>No School</b>	<b>Brunch For Lunch:</b> Chicken & Waffle w/ Syrup Hash Browns Jicama Sticks w/ Tajin Ketchup Pkt <b>Egg &amp; Cheese Sandwich</b>	<b>Cheese &amp; Deep Dish                      Pepperoni Pizza</b> Romaine Salad Baby Carrots Ranch Cup  <b>Pizza Hut Cheese Pizza</b>	<b>MHS ONLY - Minimum Day</b> <b>Chicken Soft Tacos</b> Fiesta Lime Salad Salsa Pineapple Spears <b>Bean Nachos</b>	<b>Pretzel Dog</b> w/ Bell Pepper & Onions Vegetarian Chili Mayo & Mustard Pkts Cookie  <b>Vegetarian Chili Bowl</b>
<b>Deli Roll-Up</b> w/ Mayo & Mustard Pkts Baby Carrots Jicama Sticks Ranch Dip Orange Juice <b>Chef's Salad w/ Cheese</b>	<b>Cheeseburger</b> Potato Wedges Celery Sticks Ketchup & Mustard Pkts Ranch Dip  <b>Dijon Melt Sandwich</b>			