

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona Wash-
ington - Woodruff

Secondary Sites:

BAE - ATC - SHS - LF

Condiments:

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



Bellflower Unified School District

January 2023

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* (M & F)

Alternative Entree:

Yogurt Meal
Bean & Cheese Burrito (M/F)
Cheese Quesadilla (T/Th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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❄️ ❄️ ❄️ Winter Break — No School! ❄️ ❄️ ❄️

2	3	4	5	6
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9	10	11	12	13
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**Winter Break
No School!**

Cereal
1% White Milk
Craisins

**Pizza Hut Day!!
(Elementary ONLY)
Pepperoni & Cheese**
Baby Carrots w/
Ranch Pkt
Apple Slices



French Toast Sticks
w/ Syrup
1% White Milk
Mixed Fruit

Beef Nachos
Pinto Beans w/ Cheese
Salsa
Pineapple Spears

Cereal
Non-fat Chocolate Milk
Craisins

Chicken Nuggets
Ketchup & Mustard Pkt
Baby Carrots & Broccoli Buds
Ranch Pkt
Mixed Fruit

16	17	18	19	20
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**Martin Luther King
Jr. Day
No School**

Vanilla Concha
1% White Milk
Mixed Fruit

Roasted Chicken
Mashed Potatoes w/ Gravy
Hot Corn
Cantaloupe Chunks
Dinner Roll

Cereal
1% White Milk
Craisins

**Cheese Pizza & Deep
Dish Pepperoni Pizza**
Broccoli Buds & Salad w/
Ranch Pkt
Apple Slices



Waffle w/ Syrup
1% White Milk
Mixed Fruit

Honey Fire Chicken
Chow Mein
Steamed Broccoli
Pineapple Spears



Cereal
Non-fat Chocolate Milk
Craisins

Grilled Cheese Sandwich
Chipotle Bean & Corn Salad
Mixed Fruit



23	24	25	26	27
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SHS: Breakfast ONLY

Cereal
1% White Milk
Craisins

Chicken Sandwich
Baby Carrots
Served w/ Ketchup,
BBQ Sauce, & Ranch Pkt
Very Berry Juice

Vanilla Concha
1% White Milk
Mixed Fruit

Brunch For Lunch:
Chicken & Waffle w/ Syrup
Hash Browns
Ketchup Pkt
Cantaloupe Chunks

Cereal
1% White Milk
Craisins

**Pizza Hut Day!!
(Elementary ONLY)
Pepperoni & Cheese**
Broccoli Buds & Salad w/
Ranch Pkt
Apple Slices



French Toast Sticks
w/ Syrup
1% White Milk
Mixed Fruit

Chicken Soft Tacos
Fiesta Lime Salad
Salsa
Pineapple Spears

Cereal
Non-Fat Chocolate Milk
Craisins

Corn Dog
Vegetarian Chili
Baby Carrots
Ketchup & Mustard Pkt
Mixed Fruit

30	31			
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Cereal
Non-Fat Chocolate Milk
Craisins

Deli Roll-Up
w/ Mayo & Mustard Pkts
Baby Carrots w/ Ranch Pkt
Orange Juice

Vanilla Concha
1% White Milk
Mixed Fruit

Cheeseburger
Potato Wedges
Served w/ Ketchup Pkt
Cantaloupe Chunks

