



Bellflower Unified School District

March 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.

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Sites:

BAE - ATC - SHS - LF

Condiments:

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

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)
Sunbutter Grape Sandwiches (W)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cereal 1% White Milk Craisins Cheese & Deep Dish Pepperoni Pizza Sweet Potato Fries Ranch Pkt Apple Slices	Waffle w/ Syrup 1% White Milk Mixed Fruit Spaghetti & Meat Sauce Garlic Bread Cheese Stick Broccoli Buds & Salad w/ Italian Dressing Pineapple Chunks	Cereal Non-fat Chocolate Milk Craisins Chile Verde Chicken Tamale Refried Beans w/ Cheese Peach Frozen Cup
National School Breakfast Week!				
Muffin Choco Chip 6 1% White Milk Craisins Corn Dog Carrots & Celery Sticks Ketchup, Mustard, & Ranch Pkt Very Berry Juice	Pancake on Stick w/Syrup 7 1% White Milk Mixed Fruit Brunch For Lunch: Pork Sausage Sandwich w/ Hash Browns Ketchup Pkt Cantaloupe Chunks	Breakfast Burrito 8 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Pepperoni & Cheese Broccoli Buds & Salad w/ Ranch Pkt Apple Slices	Pancake Confetti Bites 9 w/ Syrup 1% White Milk Mixed Fruit Beef Nachos Pinto Beans w/ Cheese Salsa Pineapple Chunks	Chocolate Donut 10 Non-fat Chocolate Milk Craisins Chicken Nuggets Chips Ketchup & Mustard Pkt Baby Carrots & Broccoli Buds Ranch Pkt Strawberry Frozen Cup
13 Cereal Non-Fat Chocolate Milk Craisins Ham & Cheese Melt w/ Mayo & Mustard Pkts Baby Carrots w/ Ranch Pkt Orange Juice	14 Vanilla Concha 1% White Milk Mixed Fruit Chicken Broccoli Alfredo Romaine Salad Cantaloupe Chunks Garlic Bread	15 Cereal 1% White Milk Craisins Cheese & Deep Dish Pepperoni Pizza Sweet Potato Fries Ranch Pkt Apple Slices	16 Waffle w/ Syrup 1% White Milk Mixed Fruit Orange Chicken Brown Rice Steamed Broccoli Pineapple Chunks	17 Cereal Non-fat Chocolate Milk Craisins Corn Dog Baby Carrots w/ Ranch Pkt Vegetarian Chili Mixed Berry Frozen Cup Cookie
20 Cereal 1% White Milk Craisins Chicken Sandwich Baby Carrots Served w/ Ketchup, BBQ Sauce, & Ranch Pkt Very Berry Juice	21 Vanilla Concha 1% White Milk Mixed Fruit Brunch For Lunch: Chicken & Waffle w/ Syrup Hash Browns Ketchup Pkt Cantaloupe Chunks	22 Cereal 1% White Milk Craisins Pizza Hut Day!! (Elementary ONLY) Broccoli Buds & Salad w/ Ranch Pkt Apple Slices	23 French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit Beef Soft Tacos Fiesta Lime Salad Salsa Pineapple Chunks	24 Cereal Non-Fat Chocolate Milk Craisins Pretzel Dog Vegetarian Chili Mayo & Mustard Pkt Apricot Frozen Cup
27 Cereal Non-Fat Chocolate Milk Craisins Ham & Cheese Melt w/ Mayo & Mustard Pkts Baby Carrots w/ Ranch Pkt Orange Juice	28 Vanilla Concha 1% White Milk Mixed Fruit Sloppy Joe Potato Wedges Served w/ Ketchup & Mayo Pkt Cantaloupe Chunks	29 Cereal 1% White Milk Craisins Cheese & Deep Dish Pepperoni Pizza Sweet Potato Fries Ranch Pkt Apple Slices	30 Waffle w/ Syrup 1% White Milk Mixed Fruit Spaghetti & Meat Sauce Garlic Bread Cheese Stick Broccoli Buds & Salad w/ Italian Dressing Pineapple Chunks	31 Cereal Non-fat Chocolate Milk Craisins Chile Verde Chicken Tamale Refried Beans w/ Cheese Peach Frozen Cup