

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

Fruit Variety

**DAILY VEGETARIAN
 OPTIONS!**



Bellflower Unified School District

March 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
		Pizza Hut Day!! Pepperoni & Cheese Romaine Salad Sweet Potato Fries BUSD Ranch Cup Pizza Hut Cheese Pizza	1 Spaghetti & Meat Sauce Garlic Bread Cheese Stick Romaine Salad Italian Dressing Pineapple Chunks 2 Spaghetti & Marinara Sauce	3 Chile Verde Chicken Tamale Pinto Beans w/ cheese Salsa Cookie Chile Verde Cheese Tamale
National School Breakfast Week!				
6 Corn Dog Carrots & Celery Ketchup & Mustard Pkt Ranch Dip Very Berry Juice Snack Pack w/ Yogurt	7 Brunch For Lunch: Sausage & Cheese Sandwich Tater Tots Jicama Sticks w/ Tajin Ketchup Packet Egg & Cheese Bagel	8 Cheese & Deep Dish Pepperoni Pizza Romaine Salad Sweet Potato Fries BUSD Ranch Cup Cheese Pizza	9 Beef Nachos Refried Beans w/ Cheese Salsa Pineapple Chunks Bean Nachos	10 Chicken Strips Cheez-Itz Carrots & Celery BBQ, Honey Mustard & Ranch Dip Cookie Chicken-less Nuggets
13 Ham & Cheese Melt w/ Mayo & Mustard Pkts Baby Carrots Jicama Sticks w/Tajin Ranch Dip Orange Juice Chef's Salad w/ Cheese	14 Chicken Broccoli Alfredo Celery Sticks w/ Ranch Cup Garlic Toast Veggie Broccoli Alfredo	15 Pizza Hut Day!! Pepperoni & Cheese Romaine Salad Sweet Potato Fries BUSD Ranch Cup Pizza Hut Cheese Pizza	16 Honey Fire Chicken Chow Mein Steamed Broccoli Pineapple Chunks Orange Chicken-less	17 BBQ Pulled Pork Sandwich Fiesta Lime Salad Baby Carrots Ranch Cup Cookie Grilled Cheese Sandwich
20 Corn Dog Carrots & Celery Ketchup & Mustard Pkt Ranch Dip Very Berry Juice Snack Pack w/Pn B.	21 Brunch For Lunch: Chicken & Waffle w/ Syrup Hash Browns Jicama Sticks w/ Tajin Ketchup Pkt	22 Cheese & Deep Dish Pepperoni Pizza Romaine Salad Sweet Potato Fries BUSD Ranch Cup Cheese Pizza	22 MHS ONLY - Minimum Day	
	27 Sloppy Joe Potato Wedges Celery Sticks Ketchup & Mustard Pkts Ranch Cup Dijon Melt Sandwich	28 Pizza Hut Day!! Pepperoni & Cheese Romaine Salad Sweet Potato Fries BUSD Ranch Cup Pizza Hut Cheese Pizza	29 Beef Soft Tacos Fiesta Lime Salad Salsa Pineapple Chunks Bean Nachos	24 Pretzel Dog w/ Bell Pepper & Onions Vegetarian Chili Mayo & Mustard Pkts Cookie Vegetarian Chili Bowl
27 Ham & Cheese Melt w/ Mayo & Mustard Pkts Baby Carrots Jicama Sticks w/Tajin Ranch Dip Orange Juice Chef's Salad w/ Cheese		28 Pizza Hut Day!! Pepperoni & Cheese Romaine Salad Sweet Potato Fries BUSD Ranch Cup Pizza Hut Cheese Pizza	30 Spaghetti & Meat Sauce Garlic Bread Cheese Stick Romaine Salad Italian Dressing Pineapple Chunks Spaghetti & Marinara Sauce	31 Chile Verde Chicken Tamale Pinto Beans w/ cheese Salsa Cookie Chile Verde Cheese Tamale