



# Bellflower Unified School District

## May 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
1	Minimum Day- North Side 2	3	Minimum Day- South Side 4	5
Cereal Non-Fat Chocolate Milk Craisins  <b>Ham &amp; Cheese Melt</b> Baby Carrots & Celery Mayo, Mustard & Ranch Pkts Orange Juice	Concha 1% White Milk Mixed Fruit  <b>Sloppy Joe</b> Potato Wedges Steamed Carrots Ketchup & Mayo Pkts Cantaloupe Chunks <b>Sack Lunch</b>	Chocolate Donut 1% White Milk Craisins  <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Celery w/ Ranch Pkt Steamed Carrots Apple Slices	Waffle w/ Syrup 1% White Milk Mixed Fruit  <b>Spaghetti &amp; Meat Sauce</b> Garlic Bread Cheese Stick Broccoli Buds & Salad w/ Italian Dressing Pineapple Chunks <b>Sack Lunch</b>	Cereal Non-fat Chocolate Milk Craisins  <b>Chile Verde Chicken Tamale</b> Salsa Green Beans Mixed Fruit Cup
8	9	10	11	12
Cereal 1% White Milk Craisins  <b>Corn Dog</b> Baby Carrots & Celery Ketchup, Mustard & Ranch Pkt Very Berry Juice	Concha 1% White Milk Mixed Fruit  <b>BBQ Pulled Pork</b> Diced Potatoes Steamed Carrots Ketchup Pkt Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins  <b>Pizza Hut Day!! (Elementary ONLY)</b> <b>Pepperoni &amp; Cheese</b> Broccoli Buds & Salad w/ Ranch Dressing Apple Slices	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit  <b>Beef Nachos</b> Salsa Pinto Beans w/ Cheese Pineapple Chunks	Cereal Non-Fat Chocolate Milk Craisins  <b>Chicken Nuggets</b> Chips Steamed Carrots & Broccoli Buds Ketchup, Mustard & Ranch Pkts Mixed Fruit Cup
15	16	17	18	19
Cereal Non-Fat Chocolate Milk Craisins  <b>Ham &amp; Cheese Melt</b> Baby Carrots & Celery Ketchup, Mustard & Ranch Pkts Orange Juice	Concha 1% White Milk Mixed Fruit Potato Wedges  <b>Sloppy Joe</b> Potato Wedges Steamed Carrots Ketchup & Mayo Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins  <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Celery w/ Ranch Pkt Steamed Carrots Apple Slices	Waffle w/ Syrup 1% White Milk Mixed Fruit  <b>BBQ Pulled Pork</b> Broccoli Buds w/ Ranch Pkt Pinto Beans Pineapple Chunks	Cereal Non-Fat Chocolate Milk Craisins  <b>Honey Fire Chicken</b> Rice Baby Carrots w/ Ranch Pkt Green Beans Mixed Fruit Cup
22	23	24	25	26
Cereal 1% White Milk Craisins  <b>Chicken Sandwich or Manager's Choice</b> Baby Carrots & Celery Ketchup, Mayo & Ranch Pkts Very Berry Juice	Concha 1% White Milk Mixed Fruit  <b>Ham &amp; Cheese Melt or Manager's Choice</b> Diced Potatoes Ketchup & Mustard Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins  <b>Pizza Hut Day!! (Elementary ONLY)</b> <b>Pepperoni &amp; Cheese</b> Broccoli Buds & Salad w/ Ranch Dressing Apple Slices	French Toast Sticks w/ Syrup 1% White Milk Mixed Fruit  <b>Beef Soft Tacos or Manager's Choice</b> Fiesta Lime Salad Salsa Pineapple Chunks	Cereal Non-fat Chocolate Milk Craisins  <b>Corn Dog or Manager's Choice</b> Steamed Carrots & Celery Ketchup, Mustard, & Ranch Pkts Mixed Fruit Cup
29	30	31	Minimum Day 1	
<b>Memorial Day!</b>  <b>No School</b>	Concha 1% White Milk Mixed Fruit  <b>Sloppy Joe or Manager's Choice</b> Diced Potatoes Ketchup & Mayo Pkts Cantaloupe Chunks	Chocolate Donut 1% White Milk Craisins  <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Celery w/ Ranch Pkt Steamed Carrots Apple Slices	Waffle w/ Syrup 1% White Milk Mixed Fruit  <b>Sack Lunch</b>	