



# Bellflower Unified School District



## May 2023 Middle & High School Lunch Menu



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

Fruit Variety

**DAILY VEGETARIAN  
OPTIONS!**

**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
<p>1</p> <p><b>Ham &amp; Cheese Melt</b> Baby Carrots Jicama Sticks w/Tajin Mayo &amp; Mustard PKts Ranch Dip Orange Juice</p> <p></p> <p><b>Cheese Quesadilla</b></p>	<p>2</p> <p><b>Sloppy Joe</b> Potato Wedges  Mayo &amp; Ketchup PKts</p> <p><b>Dijon Melt Sandwich</b></p>	<p>3</p> <p><b>Pizza Hut Day!!</b> <b>Pepperoni &amp; Cheese</b> Romaine Salad Steamed Carrots BUSD Ranch Cup</p> <p></p> <p><b>Pizza Hut Cheese Pizza</b></p>	<p>4</p> <p><b>Spaghetti &amp; Meat Sauce</b> Garlic Bread Cheese Stick Romaine Salad w/ Italian Dressing Pineapple Chunks</p> <p><b>Spaghetti &amp; Marinara Sauce</b></p>	<p>5</p> <p><b>Chile Verde Chicken Tamale</b> Pinto Beans w/ Cheese Salsa Cookie </p> <p><b>Chile Verde Cheese Tamale</b></p>
<p>8</p> <p><b>Corn Dog</b> Baby Carrots &amp; Celery Ketchup &amp; Mustard Pkt Ranch Dip Very Berry Juice</p> <p><b>Cheese Quesadilla</b></p>	<p>9</p> <p><b>BBQ Pulled Pork</b> Potato Wedges Mayo &amp; Ketchup PKts</p> <p><b>Egg &amp; Cheese Bagel</b></p>	<p>10</p> <p><b>Cheese &amp; Deep Dish Pepperoni Pizza</b> Romaine Salad Steamed Carrots BUSD Ranch Cup</p> <p></p> <p><b>Cheese Pizza</b></p>	<p>11</p> <p><b>Beef Nachos</b> Refried Beans w/ Cheese Salsa Pineapple Chunks</p> <p><b>Bean Nachos</b></p>	<p>12</p> <p><b>Chicken Strips</b> Cheez-Itz Baby Carrots &amp; Green Beans BBQ, Honey Mustard &amp; Ranch Dip Cookie </p> <p><b>Chicken-less Nuggets</b></p>
<p>15</p> <p><b>Ham &amp; Cheese Melt</b> Baby Carrots Jicama Sticks w/Tajin Mayo &amp; Mustard PKts Ranch Dip Orange Juice</p> <p><b>Cheese Quesadilla</b></p>	<p>16</p> <p><b>Sloppy Joe</b> Potato Wedges Mayo &amp; Ketchup PKts</p> <p><b>Dijon Melt Sandwich</b></p>	<p>17</p> <p><b>Pizza Hut Day!!</b> <b>Pepperoni &amp; Cheese</b> Romaine Salad Steamed Carrots BUSD Ranch Cup</p> <p></p> <p><b>Pizza Hut Cheese Pizza</b></p>	<p>18</p> <p><b>BBQ Pulled Pork</b> Pinto Beans Broccoli Buds w/ Ranch Dip Mayo &amp; Ketchup PKts Pineapple Chunks</p> <p><b>Egg &amp; Cheese Bagel</b></p>	<p>19</p> <p><b>Honey Fire Chicken</b> Rice Baby Carrots w/Ranch Pkt Green Beans Cookie </p> <p><b>Orange Chicken-less</b></p>
<p>22</p> <p><b>Chicken Strips</b> Cheez-Itz Baby Carrots &amp; Celery BBQ, Honey Mustard &amp; Ranch Dip Very Berry Juice</p> <p><b>Chicken-less Nuggets</b></p>	<p>23</p> <p><b>Ham &amp; Cheese Melt</b> Potato Wedges Jicama Sticks w/Tajin w/ Mayo &amp; Mustard PKts Ranch Dip</p> <p><b>Cheese Quesadilla</b></p>	<p>24</p> <p><b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Romaine Salad Steamed Carrots BUSD Ranch Cup</p> <p></p> <p><b>Cheese Pizza</b></p>	<p>25</p> <p><b>Beef Soft Tacos</b> Fiesta Lime Salad Salsa Pineapple Chunks</p> <p><b>Bean Nachos</b></p>	<p>26</p> <p><b>Pretzel Dog</b> Baby Carrots &amp; Celery Ketchup &amp; Mustard PKts Cookie </p> <p><b>Vegetarian Chili Bowl</b></p>
<p>29</p> <p><b>Memorial Day!</b> <b>No School</b></p>	<p>30</p> <p><b>Sack Lunch</b></p>	<p>31</p> <p><b>Sack Lunch</b></p>	<p>1</p> <p><b>Sack Lunch</b></p>	<p></p>