



**Sites Included:**  
BAE - ATC - SHS

**DAILY VEGETARIAN  
OPTIONS!**

**KEY:**

-  Freshly Prepared
- BYO** Build Your Own
-  **Greenhouse** Grown



**Bellflower Unified  
School District**



**December 2023  
Middle & High School  
Lunch Menu**



*We are an Equal Opportunity Provider. This Menu is Subject to Change Without Prior Notice.*

**Daily Choices:**

































Fruit Variety

**Milk Options (choose 1):**

Non-Fat White, 1% White,  
Non-Fat Chocolate

**Condiments:**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  <b>Chicken Enchilada Casserole</b> Tortilla Chips & Salsa or <b>Lemon Pepper Chicken Wings</b> Seasoned Potato Wedges Cookie   <b>Cheese Enchilada Casserole</b>
4  <b>Mediterranean Pasta Salad w/ Pepperoni</b> Pita Bread or <b>Chicken Taquitos</b> Salsa Baby Carrots Ranch Dip Very Berry Juice   <b>Mediterranean Pasta Salad w/</b>	5  <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or <b>Pull Apart Cheese</b> Marinara Sauce Cup   <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	6  <b>BYO Cheesy Beef Nachos</b> Pinto Beans & Salsa or <b>Cheese &amp; Deep Dish Pepperoni Pizza</b> Romaine Salad BUSD Ranch Cup   <b>BYO Bean Nachos</b>	7  <b>Honey Fire Chicken</b> Steamed Rice Steamed Broccoli or <b>Corn Dog</b>  Celery w/ Ranch Dip Pineapple Spears   <b>Orange Chicken-less Nuggets</b>	8  <b>BBQ Pulled Pork Mac and Cheese</b>  Dinner roll Baby Carrots Ranch Dip or <b>Chicken Chipotle Pocket</b>  Cookie   <b>BBQ Chicken-less Nuggets, Mac &amp; Cheese</b>
11  <b>Caesar Chicken Salad Wrap</b> or <b>Bean &amp; Cheese Pupusa</b> Salsa Baby Carrots Ranch Dip Orange Juice   <b>Chef's Salad w/ Cheese</b>	12  <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or <b>Spicy Chicken Sandwich</b> BBQ, Honey Mustard & Ranch Dip   <b>Veggie Broccoli Alfredo</b>	13  <b>BYO Chicken Tinga Tacos</b> Fiesta Lime Salad & Salsa or  <b>Pizza Hut! Pepperoni &amp; Cheese Pizza</b> Celery BUSD Ranch Dip   <b>BYO Bean Tacos</b>	14  <b>Roasted Chicken</b> Honey Biscuit Loaded Mashed Potatoes or <b>Grilled Cheese Sandwich</b> Celery w/ Ranch Dip Pineapple Spears   <b>Chicken-less Nuggets</b>	15  <b>Chicken Enchilada Casserole</b> Tortilla Chips & Salsa or <b>Lemon Pepper Chicken Wings</b> Seasoned Potato Wedges Holiday Cookie   <b>Cheese Enchilada Casserole</b>
18  <b>Mediterranean Pasta Salad w/ Pepperoni</b> Pita Bread or <b>Chicken Taquitos</b> Salsa Baby Carrots Ranch Dip Very Berry Juice   <b>Mediterranean Pasta Salad w/ Cheese</b>	19  <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or <b>Pull Apart Cheese</b> Marinara Sauce Cup   <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	20  <b>BYO Cheesy Beef Nachos</b> Pinto Beans & Salsa or <b>Cheese &amp; Deep Dish Pepperoni Pizza</b> Romaine Salad BUSD Ranch Cup   <b>BYO Bean Nachos</b>	21 <b>Minimum Day</b>  Sack Lunch	22 <b>School Closed</b>
25	26	27	28	29

