

Daily Options:

- Cereal
- Craisins
- Whole Fruit
- Yogurt
- Cheese Sticks



KEY:

Served Warm



Freshly Prepared



Bellflower Unified School District



December 2023 Middle & High School Breakfast Menu



Milk Options:

1% Milk

Nonfat Milk

Nonfat Chocolate Milk

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety
4 French Toast w/ Apple Glaze or Mini Brownie Bar	5 Breakfast Bites or Vanilla Concha	6 Yogurt Bowl or Honey Wheat Breakfast Bar	7 Chocolate Donut or Pancake on Stick w/ Syrup	8 Breakfast Fruit Pizza or Muffin Variety
11 French Toast w/ Apple Glaze or Mini Brownie Bar	12 Breakfast Bites or Vanilla Concha	13 Yogurt Bowl or Honey Wheat Breakfast Bar	14 Chocolate Donut or Pancake on Stick w/ Syrup	15 Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety
18 French Toast w/ Apple Glaze or Mini Brownie Bar	19 Breakfast Bites or Vanilla Concha	20 Yogurt Bowl or Honey Wheat Breakfast Bar	21 Chocolate Donut or Pancake on Stick w/ Syrup	22 School Closed
25	26	27	28	29

