

Daily Options:

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



KEY:

Served Warm



Freshly Prepared



# Bellflower Unified School District



## November 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 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	2 Chocolate Donut or (Served Warm) Pancake on Stick w/ Syrup	3 (FP) Breakfast Fruit Pizza or Muffin Variety
6 (FP) French Toast w/ Apple Glaze or Mini Brownie Bar	7 (Served Warm) Breakfast Bites or Vanilla Concha	8 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	9 Chocolate Donut or (Served Warm) Pancake on Stick w/ Syrup	10 
13 (FP) French Toast w/ Apple Glaze or Mini Brownie Bar	14 (Served Warm) Breakfast Bites or Vanilla Concha	15 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	16 Chocolate Donut or (Served Warm) Pancake on Stick w/ Syrup	17 (FP) Breakfast Fruit Pizza or Muffin Variety
20	21	22	23	24
<h1>School Closed</h1>				
27 (FP) French Toast w/ Apple Glaze or Mini Brownie Bar	28 (Served Warm) Breakfast Bites or Vanilla Concha	29 (FP) Yogurt Bowl or Honey Wheat Breakfast Bar	30 Chocolate Donut or (Served Warm) Pancake on Stick w/ Syrup	