



Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:

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



Bellflower Unified School District



November 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 (FP) BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup (FP) BYO Bean Nachos	2 (FP) Honey Fire Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears (FP) Orange Chicken-less	3 (FP) Beefy Mac Dinner roll Carrots Ranch Dip or Chicken Chipotle Pocket Pumpkin Cookie  (FP) Mac & Cheese
6 (FP) Caesar Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots Ranch Dip Orange Juice (FP) Chef's Salad w/ Cheese	7 (FP) Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip (FP) Veggie Broccoli Alfredo	8 (FP) BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip (FP) BYO Bean Tacos	9 (FP) Roasted Chicken Honey Biscuit Loaded Mashed Potatoes  or Grilled Cheese Sandwich Pineapple Spears (FP) Mac & Cheese	10 
13 (FP) Mediterranean Pasta Salad w/ Pepperoni Pita Bread or Chicken Taquitos Salsa Baby Carrots Ranch Dip Very Berry Juice (FP) Mediterranean Pasta Salad w/ Cheese	14 (FP) Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup (FP) Spaghetti & Marinara w/ Cheese Stick	15 (FP) BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup (FP) BYO Bean Nachos	16 (FP) Turkey & Gravy  Honey Biscuit Mashed Potatoes  Greenhouse Roasted Carrots  or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears (FP) Chicken-less Nuggets	17 (FP) Beefy Mac Dinner roll Carrots Ranch Dip or Chicken Chipotle Pocket Pumpkin Cookie  (FP) Mac & Cheese
20	21	22	23	24
<h1>School Closed</h1>				
27 (FP) Caesar Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots Ranch Dip Orange Juice (FP) Chef's Salad w/ Cheese	28 (FP) Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip (FP) Veggie Broccoli Alfredo	29 (FP) BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip (FP) BYO Bean Tacos	30 (FP) Teriyaki Beef & Broccoli Steamed Rice or Grilled Cheese Sandwich Pineapple Spears (FP) Mac & Cheese	