

Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:

FP Freshly Prepared

BYO Build Your Own



**Bellflower Unified
School District**



**October 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
<p>2</p> <p>FP Mediterranean Pasta Salad w/ Pepperoni Pita Bread or Chicken Taquitos Salsa Baby Carrots Ranch Dip Very Berry Juice</p> <p>FP Mediterranean Pasta Salad w/ Cheese</p>	<p>3</p> <p>FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup</p> <p>FP Spaghetti & Marinara w/ Cheese Stick</p>	<p>4</p> <p>FP BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup</p> <p>FP BYO Bean Nachos</p>	<p>5</p> <p>FP Honey Fire Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears</p> <p>FP Orange Chicken-less</p>	<p>BHS Minimum Day 6</p> <p>FP Beefy Mac Dinner Roll Carrots Ranch Dip or Chili Verde Chicken Tamale Refried Beans Cookie</p> <p>FP Mac & Cheese</p>
National School Lunch Week				
<p>9</p> <p>No School</p>	<p>10</p> <p>FP Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip</p> <p>FP Veggie Broccoli Alfredo</p>	<p>11</p> <p>FP BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip</p> <p>FP BYO Bean Tacos</p>	<p>12</p> <p>FP Roasted Chicken Honey Biscuit "Smashed" Potatoes NEW or Grilled Cheese Sandwich Pineapple Spears</p> <p>FP Mac & Cheese</p>	<p>13</p> <p>FP Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Fries Ranch Dip Cookie</p> <p>FP Dijon Melt Sandwich</p>
<p>16</p> <p>FP Mediterranean Pasta Salad w/ Pepperoni Pita Bread or Chicken Taquitos Salsa Baby Carrots Ranch Dip Very Berry Juice</p> <p>FP Mediterranean Pasta Salad w/ Cheese</p>	<p>17</p> <p>FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup</p> <p>FP Spaghetti & Marinara w/ Cheese Stick</p>	<p>18</p> <p>FP BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza Romaine Salad BUSD Ranch Cup</p> <p>FP BYO Bean Nachos</p>	<p>19</p> <p>FP Honey Fire Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Dip Pineapple Spears</p> <p>FP Orange Chicken-less</p>	<p>20</p> <p>FP Beefy Mac Dinner roll Carrots Ranch Dip or Chili Verde Chicken Tamale Refried Beans Cookie</p> <p>FP Mac & Cheese</p>
<p>23</p> <p>FP Caesar Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots Ranch Dip Orange Juice</p> <p>FP Chef's Salad w/ Cheese</p>	<p>24</p> <p>FP Chicken Broccoli Alfredo w/ Garlic Toast Jicama w/Tajin Romaine Salad Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip</p> <p>FP Veggie Broccoli Alfredo</p>	<p>25</p> <p>FP BYO Chicken Tinga Tacos Fiesta Lime Salad & Salsa or Pizza Hut! Pepperoni & Cheese Pizza Celery BUSD Ranch Dip</p> <p>FP BYO Bean Tacos</p>	<p>26</p> <p>FP Teriyaki Beef & Broccoli Steamed Rice or Grilled Cheese Sandwich Pineapple Spears</p> <p>FP Teriyaki Beef-less & Broccoli</p>	<p>27</p> <p>FP Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Fries Ranch Dip Cookie</p> <p>FP Dijon Melt Sandwich</p>
<p>30</p> <p>FP Mediterranean Pasta Salad w/ Pepperoni Pita Bread or Chicken Taquitos Salsa Baby Carrots Ranch Dip Very Berry Juice</p> <p>FP Mediterranean Pasta Salad w/ Cheese</p>	<p>31</p> <p>FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Jicama w/Tajin Romaine Salad Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup</p> <p>FP Spaghetti & Marinara w/ Cheese Stick</p>	<p>Did you know that 10 Cherry Tomatoes = 1 cup daily serving of vegetables? 1 cup provides almost as much potassium as a banana. Tomatoes are also high in lycopene, which is thought to improve heart health.</p>  <p>Health benefits of Tomatoes</p>		