



# Bellflower Unified School District

## September 2023

### Elementary & Secondary Menu (Breakfast & Lunch will be served at all sites)

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

#### SOUTH Elementary Sites:

ILC - Lindstrom - Foster  
Jefferson - Williams

#### NORTH Elementary Sites:

Baxter - Pyle - Ramona  
Washington - Woodruff

#### Secondary Site:

LF

#### KEY:



Served Warm  
(Breakfast)



Freshly Prepared

#### Daily Choices:

#### Breakfast & Lunch:

Fruit Variety

#### Milk Options (choose 1):

Non-fat Milk, 1% Milk,  
NF Chocolate\* (M & F)

#### Condiments:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cereal & Craisins or Waffle w/ Banana Glaze FP Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup
4 <b>Labor Day No School</b>	5 Concha Variety or Muffin Mixed Fruit FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	6 Cereal & Craisins or Yogurt Parfait FP Cheesy Beef Nachos Pinto Beans or Pizza Hut Broccoli Buds & Salad w/ Ranch Dressing Apple Slices FP	7 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears	8 Cereal & Craisins or Breakfast Fruit Pizza FP Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup
11 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice FP	12 <b>Northside Minimum Day</b> Concha Variety or Muffin Mixed Fruit FP Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	13 Cereal & Craisins or Yogurt Parfait FP Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices FP	14 <b>Southside Minimum Day</b> Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Beef Teriyaki Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears FP	15 Cereal & Craisins or Waffle w/ Banana Glaze FP Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup FP
18 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice FP	19 Concha Variety or Muffin Mixed Fruit FP Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	20 Cereal & Craisins or Yogurt Parfait FP Cheesy Beef Nachos Pinto Beans or Pizza Hut Broccoli Buds & Salad w/ Ranch Dressing Apple Slices FP	21 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears	22 Cereal & Craisins or Breakfast Fruit Pizza FP Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup FP
25 Cereal & Craisins or French Toast Sticks w/ Apple Glaze FP Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice FP	26 Concha Variety or Muffin Mixed Fruit FP Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	27 Cereal & Craisins or Yogurt Parfait FP Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices FP	28 Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit FP Beef Teriyaki Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears	29 Cereal & Craisins or Waffle w/ Banana Glaze FP Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup FP