

Sites Included:
BAE - ATC - SHS

**DAILY VEGETARIAN
OPTIONS!**

KEY:

-  Freshly Prepared
-  Build Your Own
-  **BUSD Freight Farm**
Lettuce



Bellflower Unified School District



March 2024 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
4	5	6	7	8
<p> Chicken Taco Salad w/Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Orange Juice</p> <p> Taco Salad w/ Beans</p>	<p> Chicken Broccoli Alfredo w/ Garlic Toast Freight Farm Lettuce Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip</p> <p> Veggie Broccoli Alfredo</p>	<p> BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza  Freight Farm Lettuce Romaine Salad BUSD Ranch Dip</p> <p> BYO Bean Nachos</p>	<p> Chicken Drumstick Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Celery w/ Ranch Dip Pineapple Spears</p> <p> Chicken-less Nuggets</p>	<p>No School</p>
11	12	13	14	15
<p> Tomato Bisque and Grilled Ham & Cheese Sandwich or Chicken Taquitos Salsa Very Berry Juice</p> <p> Tomato Bisque w/ Dijon Melt Sandwich</p>	<p> Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup</p> <p> Spaghetti & Marinara w/ Cheese Stick</p>	<p> BYO Chicken Tinga Burrito Ranch Style Beans or Cheese & Deep Dish Pepperoni Pizza  Freight Farm Lettuce Romaine Salad BUSD Ranch Cup</p> <p> BYO Bean Burrito</p>	<p>Minimum Day</p>	<p>No School</p>
18	19	20	21	22
<p> Chicken Taco Salad w/Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Orange Juice</p> <p> Taco Salad w/ Beans</p>	<p> Chicken Broccoli Alfredo w/ Garlic Toast Freight Farm Lettuce Italian Dressing or Spicy Chicken Sandwich BBQ, Honey Mustard & Ranch Dip</p> <p> Veggie Broccoli Alfredo</p>	<p> BYO Cheesy Beef Nachos Pinto Beans & Salsa or Cheese & Deep Dish Pepperoni Pizza  Freight Farm Lettuce Romaine Salad BUSD Ranch Dip</p> <p> BYO Bean Nachos</p>	<p> Chicken Drumstick Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Celery w/ Ranch Dip Pineapple Spears</p> <p> Chicken-less Nuggets</p>	<p> Chicken Enchilada Casserole Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Potato Wedges Cookie</p> <p> Cheese Enchilada Casserole</p>
25	26	27	28	29
<p> Tomato Bisque and Grilled Ham & Cheese Sandwich or Chicken Taquitos Salsa Juice</p> <p> Tomato Bisque w/ Dijon Melt Sandwich</p>	<p> Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup</p> <p> Spaghetti & Marinara w/ Cheese Stick</p>	<p> BYO Chicken Tinga Burrito Ranch Style Beans or Cheese & Deep Dish Pepperoni Pizza  Freight Farm Lettuce Romaine Salad BUSD Ranch Cup</p> <p> BYO Bean Burrito</p>	<p> Honey Fire Chicken Steamed Rice Steamed Broccoli or Corn Dog Celery w/ Ranch Dip Pineapple Spears</p> <p> Orange Chicken-less Nuggets</p>	<p>No School</p>