

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

BUSD Freight Farm
Lettuce



Bellflower Unified School District

August 2024

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.

Daily Choices:

Breakfast :

Juice and Fruit Variety

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

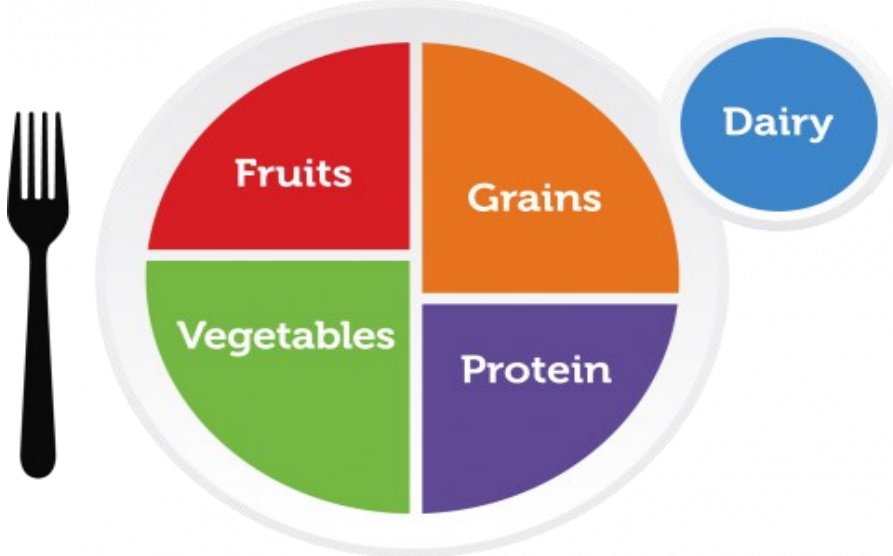
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HEALTH BENEFITS

10 WATERMELON

- IMPROVES EYE HEALTH
- REDUCES BODY FAT
- A NATURAL DIURETIC
- IMPROVES MOOD
- IMPROVES ATHLETIC PERFORMANCE
- VITAMIN C 16%
- COPPER 7%
- VITAMIN A 5%
- BIOTIN 5%
- POTASSIUM 5%
- HYDRATES THE BODY
- KEEPS KIDNEYS HEALTHY
- REDUCES INFLAMMATION
- GOOD FOR YOUR BONES
- IMPROVES IMMUNITY

12 | 13 | 14
School Begins: Thursday, Aug 15th



15 | 16

Chocolate Donut or Pancake on Stick w/ Syrup
Mixed Fruit

Orange Chicken
Steamed Rice
Steamed Broccoli
or
Chicken Corn Dog
Celery w/ Ranch Pkt
Pineapple Spears

Cereal & Craisins or Breakfast Fruit Pizza

Mac and Cheese
Dinner Roll
Baby Carrots w/ Ranch Pkt
or
Beef BBQ Rib Sandwich
Fruit Cup

19

Cereal & Craisins or French Toast Sticks w/ Apple Glaze

Chicken Taco Salad w/ Cilantro Ranch Dressing
or
Bean & Cheese Pupusa
Salsa
Orange Juice

20

Concha Variety or Turkey Sausage Sandwich
Mixed Fruit

Chicken Broccoli Alfredo
Garlic Toast
 Freight Farm Lettuce
Italian Dressing Pkt
or
Chicken Sandwich
Apple Slices

21

Cereal & Craisins or Yogurt Parfait

Cheesy Beef Nachos w/ Pinto Beans
or
Deep Dish Cheese or Pepperoni Pizza
Cucumbers w/ Tajin
Watermelon Slice

22

Chocolate Donut or Pancake on Stick w/ Syrup
Mixed Fruit

Chicken Drumstick
Dinner Roll
Mashed Potatoes
or
Grilled Cheese Sandwich
Baby Carrots w/ Ranch Pkt
Pineapple Spears

23

Cereal & Craisins or Waffle w/ Banana & Syrup Pkt

Chicken Enchilada Casserole
Salsa
or
Chicken Nuggets
Baby Carrots w/ Ranch Pkt
Fruit Cup

26

Cereal & Craisins or French Toast Sticks w/ Apple Glaze

Tomato Bisque w/ Grilled Ham & Cheese Sandwich
or
Chicken Crisp Tacos
Salsa
Triple Berry Blast Juice

27

Concha Variety or Egg, Cheese & Turkey Breakfast Bite
Mixed Fruit

Spaghetti & Meat Sauce w/ Garlic Toast
 Freight Farm Lettuce
Ranch Dressing
or
Pull Apart Cheese Bread
Marinara Sauce Cup
Apple Slices

28

Cereal & Craisins or Yogurt Parfait

Green Chile Beef Burrito w/ Beans
or
Deep Dish Cheese or Pepperoni Pizza
Jicama w/ Tajin
Watermelon Slice

29

Turkey Sausage Breakfast Pizza
or
 Pancake on Stick w/ Syrup
Mixed Fruit

Orange Chicken
Steamed Rice
Steamed Broccoli
or
Chicken Corn Dog
Celery w/ Ranch Pkt
Pineapple Spears

30

Cereal & Craisins or Breakfast Fruit Pizza

Mac and Cheese
Dinner Roll
Baby Carrots w/ Ranch Pkt
or
Beef BBQ Rib Sandwich
Fruit Cup