

**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

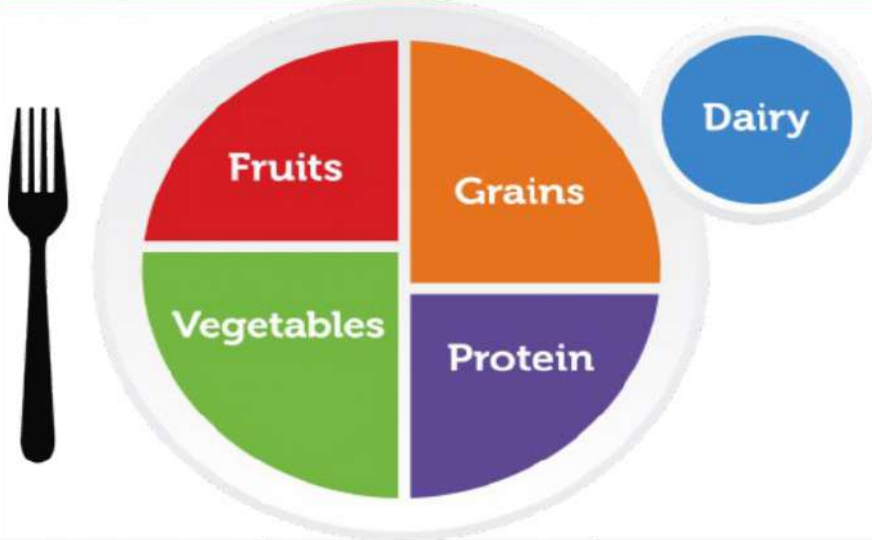
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**HEALTH BENEFITS**

# 10 WATERMELON

- IMPROVES EYE HEALTH
- REDUCES BODY FAT
- A NATURAL DIURETIC
- IMPROVES MOOD
- IMPROVES ATHLETIC PERFORMANCE
- HYDRATES THE BODY
- KEEPS KIDNEYS HEALTHY
- REDUCES INFLAMMATION
- GOOD FOR YOUR BONES
- IMPROVES IMMUNITY

**VITAMIN C 16%**   **COPPER 7%**   **VITAMIN A 5%**   **BIOTIN 5%**   **POTASSIUM 5%**

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

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