

**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

## September 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 & Lunch:**

Juice and 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
<p>2</p>	<p>3</p> <p> Concha Variety or Turkey Sausage Sandwich Peach Cup</p> <p> <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast <b>Freight Farm</b> Lettuce Italian Dressing Pkt or <b>Deluxe Chicken Sandwich</b> w/ Ketchup, BBQ Pkt Apple Slices</p>	<p>4</p> <p> Cereal &amp; Graham Crackers, Craisins or Yogurt Parfait</p> <p> <b>Cheesy Beef Nachos</b> Pinto Beans or <b>Chicken Nuggets</b> Goldfish Crackers Cucumbers w/Tajin Fresh Pear</p>	<p>5</p> <p> Mini Bagel w/ Beef Sausage &amp; Cheese or Muffin Orange Slices</p> <p> <b>Roasted Chicken</b> Dinner Roll Mashed Potatoes or <b>Grilled Cheese Sandwich</b> Beet Sticks w/ Ranch Pkt Pineapple Bites</p>	<p>6</p> <p> Cereal &amp; Graham Crackers, Craisins or Waffle w/ Banana &amp; Syrup Pkt</p> <p> <b>Chicken Enchilada Casserole</b> Tortilla Chips &amp; Salsa or <b>Deep Dish Cheese or Pepperoni Pizza</b> Carrot Sticks w/ Ranch Pkt Fruit Cup</p>
<p>9</p> <p> Cereal &amp; Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> <b>Grilled Ham &amp; Cheese Sandwich</b> Marinara Sauce Cup or <b>Chicken Crisp Tacos</b> Salsa Berry Blast Juice</p>	<p>10</p> <p><b>Minimum Day Northside</b></p> <p> Concha Variety or Egg, Cheese &amp; Bacon Breakfast Burrito Peach Cup</p> <p> <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast <b>Freight Farm</b> Lettuce Ranch Dressing or <b>Pull Apart Cheese Bread</b> Marinara Sauce Cup Apple Slices</p>	<p>11</p> <p> Cereal &amp; Graham Crackers, Craisins or Yogurt Parfait</p> <p> <b>Green Chile Beef Burrito w/ Beans</b> or <b>Beef BBQ Rib Sandwich</b> Jicama w/Tajin Fresh Watermelon Slice</p>	<p>12</p> <p><b>Minimum Day Southside</b></p> <p> Turkey Sausage Breakfast Pizza or Muffin Orange Slices</p> <p> <b>Orange Chicken</b> Steamed Rice Steamed Broccoli or <b>Chicken Corn Dog</b> Fresh Celery w/ Ranch Pkt Pineapple Bites</p>	<p>13</p> <p> Cereal &amp; Graham Crackers, Craisins or Breakfast Fruit Pizza</p> <p> <b>Mac and Cheese</b> Corn or <b>Deep Dish Cheese or Pepperoni Pizza</b> Carrot Sticks w/ Ranch Pkt Pear Cup</p>
<p>16</p> <p> Cereal &amp; Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> <b>Chicken Taco Salad</b> w/Cilantro Ranch Dressing or <b>Bean &amp; Cheese Pupusa</b> Salsa Orange Juice</p>	<p>17</p> <p> Concha Variety or Turkey Sausage Sandwich Peach Cup</p> <p> <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast <b>Freight Farm</b> Lettuce Italian Dressing Pkt or <b>Deluxe Chicken Sandwich</b> w/ Ketchup, BBQ Pkt Apple Slices</p>	<p>18</p> <p> Cereal &amp; Graham Crackers, Craisins or Yogurt Parfait</p> <p> <b>Cheesy Beef Nachos</b> Pinto Beans or <b>Chicken Nuggets</b> Goldfish Crackers Cucumbers w/Tajin Fresh Pear</p>	<p>19</p> <p> Mini Bagel w/ Beef Sausage &amp; Cheese or Muffin Orange Slices</p> <p> <b>Roasted Chicken</b> Dinner Roll Mashed Potatoes or <b>Grilled Cheese Sandwich</b> Beet Sticks w/ Ranch Pkt Pineapple Bites</p>	<p>20</p> <p><b>No School</b></p>
<p>23</p> <p> Cereal &amp; Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> <b>Grilled Ham &amp; Cheese Sandwich</b> Marinara Sauce Cup or <b>Chicken Crisp Tacos</b> Salsa Berry Blast Juice</p>	<p>24</p> <p> Concha Variety or Egg, Cheese &amp; Bacon Breakfast Burrito Peach Cup</p> <p> <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast <b>Freight Farm</b> Lettuce Ranch Dressing or <b>Pull Apart Cheese Bread</b> Marinara Sauce Cup Apple Slices</p>	<p>25</p> <p> Cereal &amp; Graham Crackers, Craisins or Yogurt Parfait</p> <p> <b>Green Chile Beef Burrito w/ Beans</b> or <b>Beef BBQ Rib Sandwich</b> Jicama w/Tajin Fresh Watermelon Slice</p>	<p>26</p> <p> Turkey Sausage Breakfast Pizza or Muffin Orange Slices</p> <p> <b>Orange Chicken</b> Steamed Rice Steamed Broccoli or <b>Chicken Corn Dog</b> Fresh Celery w/ Ranch Pkt Pineapple Bites</p>	<p>27</p> <p> Cereal &amp; Graham Crackers, Craisins or Breakfast Fruit Pizza</p> <p> <b>Mac and Cheese</b> Corn or <b>Deep Dish Cheese or Pepperoni Pizza</b> Carrot Sticks w/ Ranch Pkt Pear Cup</p>
<p>30</p> <p> Cereal &amp; Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze</p> <p> <b>Chicken Taco Salad</b> w/Cilantro Ranch Dressing or <b>Bean &amp; Cheese Pupusa</b> Salsa Orange Juice</p>	<p><b>Dietary Guidelines for Americans</b></p> <p>The 2015 Dietary Guidelines for Americans (DGA), has established fruit, especially whole fruit, as a key component of a healthy eating pattern.</p>			