

Daily Options:

- Cereal
- Craisins
- Whole Fruit
- Yogurt
- Cheese Sticks



KEY:

- Served Warm
- Freshly Prepared
- Build Your Own



Bellflower Unified School District



September 2024 Middle & High School Breakfast Menu



Milk Options:

- 1% Milk
- Nonfat Milk
- Nonfat Chocolate Milk

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Turkey Sausage Sandwich or Concha Variety	BYO Yogurt Bowl or Honey Wheat Breakfast Bar	Mini Bagel w/ Beef Sausage & Cheese or Muffin	Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety
9	10	11	12	13
French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup	Egg, Cheese & Bacon Breakfast Burrito or Concha Variety	BYO Yogurt Bowl or Honey Wheat Breakfast Bar	Turkey Sausage Breakfast Pizza or Muffin	Breakfast Fruit Pizza or Cereal Bar Variety
16	17	18	19	20
French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup	Turkey Sausage Sandwich or Concha Variety	BYO Yogurt Bowl or Honey Wheat Breakfast Bar	Mini Bagel w/ Beef Sausage & Cheese or Muffin	No School
23	24	25	26	27
French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup	Egg, Cheese & Bacon Breakfast Burrito or Concha Variety	BYO Yogurt Bowl or Honey Wheat Breakfast Bar	Turkey Sausage Breakfast Pizza or Muffin	Breakfast Fruit Pizza or Cereal Bar Variety
30	<p>Dietary Guidelines for Americans</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>			
French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup				