



# Bellflower Unified School District

## September 2024

Middle & High School Lunch Menu

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

### Sites Included:

BAE - ATC - SHS

### DAILY VEGETARIAN OPTIONS!



#### KEY:

Served Warm (Breakfast)



Freshly Prepared BUSD Freight Farm

### Daily Choices:


Fruit Variety

### Milk Options (choose 1):

Nonfat Milk White, 1% Milk, Nonfat Chocolate

### Condiments:

Mustard, Ketchup, Mayo, BBQ, Ranch & Italian Dressing, Syrup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 <b>BHS Minimum Day</b> FP <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast Freight Farm Lettuce Italian Dressing or Deluxe Chicken Sandwich w/ Buffalo Sauce or BUSD Ranch Dip FP <b>Veggie Broccoli Alfredo</b>	4 <b>MHS Minimum Day</b> FP <b>Chicken Enchilada Casserole</b> Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Potato Wedges BUSD Ranch Cup FP <b>Cheese Enchilada Casserole</b>	5 FP <b>Roasted Chicken</b> Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/Tajin Pineapple Spears FP <b>Chicken-less Nuggets</b>	6 FP <b>BYO Cheesy Beef Nachos</b> Pinto Beans Salsa or Deep Dish Cheese & Pepperoni Pizza Baby Carrots w/ BUSD Ranch Dip Cookie FP <b>BYO Bean Nachos</b>
9 FP <b>Grilled Ham &amp; Cheese Sandwich</b> w/ Fresh Basil Pesto (BUSD grown) Marinara Sauce Cup or Chicken Crisp Taco Salsa Berry Blast Juice FP <b>Dijon Melt Sandwich</b>	10 FP <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast Cheese Stick Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup FP <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	11 FP <b>BYO Chicken Tinga Burrito</b> Ranch Style Beans or Beef BBQ Rib Sandwich Jicama w/Tajin FP <b>BYO Bean Burrito</b>	12 FP <b>Honey Fire Chicken</b> Steamed Rice Steamed Broccoli or Corn Dog Beet Sticks w/ Ranch Dip Pineapple Spears FP <b>Orange Chicken-less Nuggets</b>	13 FP <b>BBQ Pulled Pork Mac and Cheese</b> Dinner roll Corn or Deep Dish Cheese & Pepperoni Pizza Baby Carrots w/ BUSD Ranch Dip Cookie FP <b>BBQ Chicken-less Nuggets, Mac &amp; Cheese</b>
16 FP <b>Chicken Taco Salad</b> w/ Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Orange Juice FP <b>Taco Salad w/ Beans</b>	17 FP <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast Freight Farm Lettuce Italian Dressing or Deluxe Chicken Sandwich w/ Buffalo Sauce or BUSD Ranch Dip FP <b>Veggie Broccoli Alfredo</b>	18 FP <b>Chicken Enchilada Casserole</b> Tortilla Chips & Salsa or Lemon Pepper Chicken Wings Seasoned Potato Wedges BUSD Ranch Cup FP <b>Cheese Enchilada Casserole</b>	19 FP <b>Roasted Chicken</b> Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/Tajin Pineapple Spears FP <b>Chicken-less Nuggets</b>	20 <b>No School</b>
23 FP <b>Grilled Ham &amp; Cheese Sandwich</b> w/ Fresh Basil Pesto (BUSD grown) Marinara Sauce Cup or Chicken Crisp Taco Salsa Berry Blast Juice FP <b>Dijon Melt Sandwich</b>	24 FP <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast Cheese Stick Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup FP <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	25 FP <b>BYO Chicken Tinga Burrito</b> Ranch Style Beans or Beef BBQ Rib Sandwich Jicama w/Tajin FP <b>BYO Bean Burrito</b>	26 FP <b>Honey Fire Chicken</b> Steamed Rice Steamed Broccoli or Corn Dog Beet Sticks w/ Ranch Dip Pineapple Spears FP <b>Orange Chicken-less Nuggets</b>	27 FP <b>BBQ Pulled Pork Mac and Cheese</b> Dinner roll Corn or Deep Dish Cheese & Pepperoni Pizza Baby Carrots w/ BUSD Ranch Dip Cookie FP <b>BBQ Chicken-less Nuggets, Mac &amp; Cheese</b>
30 FP <b>Chicken Taco Salad</b> w/ Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Orange Juice FP <b>Taco Salad w/ Beans</b>	 <b>Dietary Guidelines for Americans</b> The 2015 Dietary Guidelines for Americans (DGA), has established fruit, especially whole fruit, as a key component of a healthy eating pattern.			

