

Daily Options:

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



KEY:

- Served Warm
- Freshly Prepared
- BYO** Build Your Own



Bellflower Unified School District

October 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
<p>APPLES FACTS OF HEALTH.com</p>	<p>1 Turkey Sausage Sandwich or Concha Variety</p>	<p>2 BYO Yogurt Bowl or Honey Wheat Breakfast Bar</p>	<p>3 Mini Bagel w/ Beef Sausage & Cheese or Muffin</p>	<p>4 Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety</p>
<p>7 French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup</p>	<p>8 Turkey Chorizo Breakfast Burrito <i>It's Back!</i> or Concha Variety</p>	<p>9 BYO Yogurt Bowl or Honey Wheat Breakfast Bar</p>	<p>10 Turkey Sausage Breakfast Pizza or Fresh Berry Cream Cheese Bagel <i>NEW</i></p>	<p>11 Breakfast Fruit Pizza or Cereal Bar Variety</p>
<p>14 No School</p>	<p>15 Turkey Sausage Sandwich or Concha Variety</p>	<p>16 BYO Yogurt Bowl or Honey Wheat Breakfast Bar</p>	<p>17 Cheesy Grits w/ Bacon, Sausage, OR Scrambled Eggs <i>NEW</i> or Muffin</p>	<p>18 Waffle w/ Banana & Syrup Pkt or Cereal Bar Variety</p>
<p>21 French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup</p>	<p>22 Turkey Chorizo Breakfast Burrito or Concha Variety</p>	<p>23 BYO Yogurt Bowl or Honey Wheat Breakfast Bar</p>	<p>24 Turkey Sausage Breakfast Pizza or Fresh Berry Cream Cheese Bagel</p>	<p>25 Breakfast Fruit Pizza or Cereal Bar Variety</p>
<p>28 French Toast w/ Apple Glaze or Pancake Confetti Bites w/Syrup</p>	<p>29 Turkey Sausage Sandwich or Concha Variety</p>	<p>30 BYO Yogurt Bowl or Honey Wheat Breakfast Bar</p>	<p>31 Cheesy Grits w/ Bacon, Sausage, OR Scrambled Eggs or Muffin</p>	