

Sites Included:

BAE - ATC - SHS

DAILY VEGETARIAN OPTIONS!

KEY:

Freshly Prepared

BUSD Freight Farm
Lettuce

Farm Fresh
(Locally farmed produce)



Bellflower Unified School District

October 2024

Middle & High School
Lunch Menu

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

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
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				



National School Lunch Week