

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**
-  **Farm Fresh** (Locally farmed produce)



Bellflower Unified School District

November 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
		Crunch away on tasty carrots! You've probably heard that carrots promote good eye health, but they also contain alpha- and beta-carotenes that support strong immune systems, lycopene for healthy teeth and bones and anthocyanins for memory		
4  Cereal & Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze  Grilled Ham & Cheese Sandwich Butternut Squash Soup Chicken Crisp Tacos Salsa Berry Blast Juice	5  Strawberry Elote or NEW Egg Cheese & Bacon Breakfast Burrito Fruit Cup  Spaghetti & Meat Sauce w/ Garlic Toast Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Apple Slices	6  Cereal & Graham Crackers, Craisins or Yogurt Parfait  Orange Chicken Steamed Rice Steamed Broccoli or Beef BBQ Rib Sandwich Jicama w/Tajin Pineapple Bites	7  Turkey Sausage Breakfast Pizza or  Fresh Berry Cream Cheese Bagel Grapes  Mac and Cheese Corn or Chicken Corn Dog Fresh Celery w/ Ranch Pkt  Farm Fresh Plum NEW	8  Cereal & Graham Crackers, Craisins or Breakfast Fruit Pizza  Green Chile Beef Burrito w/ Beans or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup
11 	12  Concha Variety or Turkey Sausage Sandwich Fruit Cup  Chicken Broccoli Alfredo Garlic Toast Freight Farm Lettuce Italian Dressing Pkt or Deluxe Chicken Sandwich w/ Ketchup, BBQ Pkt Apple Slices	13  Cereal & Graham Crackers, Craisins or Yogurt Parfait  Chicken Enchilada Casserole Salsa or Chicken Nuggets Jicama w/Tajin Pineapple Bites	14  Breakfast Fried Rice or  Muffin It's Back! Grapes  Chicken Drumstick Dinner Roll Mashed Potatoes or Grilled Cheese Sandwich Cucumbers w/ Tajin  Farm Fresh Pear NEW	15  Cereal & Graham Crackers, Craisins or Waffle w/ Banana & Syrup Pkt  Cheesy Beef Nachos Pinto Beans or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup
18  Cereal & Graham Crackers, Craisins or French Toast Sticks w/ Apple Glaze  Grilled Ham & Cheese Sandwich Butternut Squash Soup Chicken Crisp Tacos Salsa Berry Blast Juice	19  Strawberry Elote or Egg Cheese & Bacon Breakfast Burrito Fruit Cup  Spaghetti & Meat Sauce w/ Garlic Toast Freight Farm Lettuce Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Apple Slices	20  Cereal & Graham Crackers, Craisins or Yogurt Parfait  *Green Chile Beef Burrito w/ Beans or Beef BBQ Rib Sandwich Jicama w/Tajin Pineapple Bites	21  Turkey Sausage Breakfast Pizza or  Fresh Berry Cream Cheese Bagel Grapes  Thanksgiving Turkey & Gravy It's Back! Dinner Roll Mashed Potatoes or Chicken Corn Dog Fresh Celery w/ Ranch Pkt  Farm Fresh Plum Pumpkin Cookie 	22  Cereal & Graham Crackers, Craisins or Breakfast Fruit Pizza  *Mac and Cheese Corn or Deep Dish Cheese or Pepperoni Pizza Carrot Sticks w/ Ranch Pkt Fruit Cup
25	26	27	28	
School Closed			