

Daily Options:

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



KEY:

- Served Warm
- Freshly Prepared
- Build Your Own



Bellflower Unified School District



November 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>FUEL UP @ BREAKFAST</p> <p>Choose at least 3 items (4 for maximum fuel)</p> <p>Take 1/2 cup fruit and/or vegetable</p>				<p>Improved School Achievements: Students who eat breakfast consistently show improvement in verbal fluency, arithmetic, tests of attention, memory, creativity, physical endurance, and general tests of academic achievement and cognitive functioning</p>						<p>1</p> <p> Waffle w/ Banana & Syrup Pkt</p> <p>or</p> <p>Cereal Bar Variety</p>	
<p>4</p> <p> French Toast w/ Apple Glaze</p> <p>or</p> <p> Cinnamon Crumble NEW</p>		<p>5</p> <p> Egg, Cheese & Bacon Breakfast Burrito</p> <p>or</p> <p>Strawberry Elote NEW</p>		<p>6</p> <p> BYO Yogurt Bowl</p> <p>or</p> <p>Benefit Chocolate Chip Bar It's Back!</p>		<p>7</p> <p> Turkey Sausage Breakfast Pizza</p> <p>or</p> <p> Fresh Berry Cream Cheese Bagel</p>		<p>8</p> <p> Breakfast Fruit Pizza</p> <p>or</p> <p>Cereal Bar Variety</p>			
<p>11</p>		<p>12</p> <p> Turkey Sausage Sandwich</p> <p>or</p> <p>Concha Variety</p>		<p>13</p> <p> BYO Yogurt Bowl</p> <p>or</p> <p>Honey Wheat Breakfast Bar</p>		<p>14</p> <p> Breakfast Fried Rice It's Back!</p> <p>or</p> <p>Muffin</p>		<p>15</p> <p> Waffle w/ Banana & Syrup Pkt</p> <p>or</p> <p>Cereal Bar Variety</p>			
<p>18</p> <p> French Toast w/ Apple Glaze</p> <p>or</p> <p> Cinnamon Crumble</p>		<p>19</p> <p> Egg, Cheese & Bacon Breakfast Burrito</p> <p>or</p> <p>Strawberry Elote</p>		<p>20</p> <p> BYO Yogurt Bowl</p> <p>or</p> <p>Benefit Chocolate Chip Bar</p>		<p>21</p> <p> Turkey Sausage Breakfast Pizza</p> <p>or</p> <p> Fresh Berry Cream Cheese Bagel</p>		<p>22</p> <p> Breakfast Fruit Pizza</p> <p>or</p> <p>Cereal Bar Variety</p>			
<p>25</p> <p style="text-align: center;">School Closed</p>				<p>26</p>		<p>27</p>		<p>28</p> <p style="text-align: center;">Happy Thanksgiving</p>			
<p>29</p>											