



# Bellflower Unified School District

## November 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:

Freshly Prepared

**BUSD Freight Farm**  
Lettuce

**Farm Fresh**  
(Locally farmed produce)

#### 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
		Crunch away on tasty carrots! You've probably heard that carrots promote good eye health, but they also have alpha- and beta-carotenes that support strong immune systems lycopene for healthy teeth and bones and anthocyanins for memory		<b>BYO Cheesy Beef Nachos</b> Pinto Beans Salsa or <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Carrot Sticks w/ BUSD Ranch Dip Cookie  <b>BYO Bean Nachos</b>
<b>Grilled Ham &amp; Cheese Sandwich</b> Butternut Squash Soup or <b>Chicken Crisp Taco</b> Salsa Berry Blast Juice  <b>Dijon Melt Sandwich</b>	<b>Spaghetti &amp; Meat Sauce w/ Garlic Toast</b> <b>Freight Farm</b> Lettuce Ranch Dressing or <b>Pull Apart Cheese</b> Marinara Sauce Cup  <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	<b>Honey Fire Chicken</b> Steamed Rice Steamed Broccoli or <b>Beef BBQ Rib Sandwich</b> Jicama w/Tajin Pineapple Spears  <b>Orange Chicken-less Nuggets</b>	<b>BBQ Pulled Pork Mac and Cheese</b> Dinner Roll (1) Corn or <b>Chicken Corn Dog</b> Beet Sticks w/ Ranch Dip <b>Farm Fresh Plum</b>  <b>BBQ Chicken-less Nuggets, Mac &amp; Cheese</b>	<b>BYO Chicken Tinga Burrito</b> Ranch Style Beans or <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Carrot Sticks w/ BUSD Ranch Dip Cookie  <b>BYO Bean Burrito</b>
	<b>Chicken Broccoli Alfredo w/ Garlic Toast</b> <b>Freight Farm</b> Lettuce Italian Dressing or <b>Deluxe Chicken Sandwich</b> w/ Buffalo Sauce or BUSD Ranch Dip  <b>Veggie Broccoli Alfredo</b>	<b>Chicken Enchilada Casserole</b> Tortilla Chips & Salsa or <b>Lemon Pepper Chicken Wings</b> Dinner Rolls (2) Seasoned Potato Wedges Pineapple Spears BUSD Ranch Cup  <b>Cheese Enchilada Casserole</b>	<b>Chicken Drumstick</b> Dinner Roll (1) Loaded Mashed Potatoes or <b>Grilled Cheese Sandwich</b> Cucumbers w/Tajin <b>Farm Fresh Pear</b>  <b>Chicken-less Nuggets</b>	<b>BYO Cheesy Beef Nachos</b> Pinto Beans Salsa or <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Baby Carrots w/ BUSD Ranch Dip Cookie  <b>BYO Bean Nachos</b>
<b>Grilled Ham &amp; Cheese Sandwich</b> Butternut Squash Soup or <b>Chicken Crisp Taco</b> Salsa Berry Blast Juice  <b>Dijon Melt Sandwich</b>	<b>Spaghetti &amp; Meat Sauce w/ Garlic Toast</b> <b>Freight Farm</b> Lettuce Ranch Dressing or <b>Pull Apart Cheese</b> Marinara Sauce Cup  <b>Spaghetti &amp; Marinara w/ Cheese Stick</b>	<b>*BYO Chicken Tinga Burrito</b> Ranch Style Beans or <b>Beef BBQ Rib Sandwich</b> Jicama w/Tajin Pineapple Spears  <b>*BYO Bean Burrito</b>	<b>Thanksgiving Turkey &amp; Gravy</b> Dinner Rolls (2) Loaded Mashed Potatoes or <b>Chicken Corn Dog</b> Beet Sticks w/ Ranch Dip Pumpkin Cookie <b>Farm Fresh Plum</b>  <b>*Orange Chicken-less</b>	<b>*BBQ Pulled Pork Mac and Cheese</b> Dinner Roll (1) Corn or <b>Deep Dish Cheese &amp; Pepperoni Pizza</b> Baby Carrots w/ BUSD Ranch Dip  <b>*BBQ Chicken-less Nuggets, Mac &amp;</b>
<h2>School Closed</h2>				