



# Bellflower Unified School District

## December 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:**

Served Warm (Breakfast)

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   |
|--|---|--|--|--|
| <p>2</p> <p> <b>Grilled Ham &amp; Cheese Sandwich</b><br/>Butternut Squash Soup<br/>or<br/><b>Chicken Crisp Taco</b><br/>Salsa<br/>Berry Blast Juice</p> <p> <b>Dijon Melt Sandwich</b></p>  | <p>3</p> <p> <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast<br/>Cheese Stick<br/> <b>Freight Farm</b> Lettuce<br/>Ranch Dressing<br/>or<br/><b>Pull Apart Cheese</b><br/>Marinara Sauce Cup</p> <p> <b>Spaghetti &amp; Marinara</b> w/ Cheese Stick</p>  | <p>4</p> <p> <b>Honey Fire Chicken</b><br/>Steamed Rice<br/>Steamed Broccoli<br/>or<br/><b>Beef BBQ Rib Sandwich</b><br/>Jicama w/Tajin<br/>Pineapple Spears</p> <p> <b>Orange Chicken-less</b> Nuggets</p>  | <p>5</p> <p> <b>BBQ Pulled Pork Mac and Cheese</b><br/>Dinner roll (1)<br/>Corn<br/>or<br/><b>Chicken Corn Dog</b><br/>Celery Sticks w/<br/>Ranch Dip<br/> <b>Farm Fresh Apple</b></p> <p> <b>BBQ Chicken-less</b> Nuggets, Mac &amp; Cheese</p> | <p>6</p> <p> <b>BYO Chicken Tinga Burrito</b><br/>Ranch Style Beans<br/>or<br/><b>Deep Dish Pizza</b><br/><b>Cheese or Pepperoni</b><br/>Baby Carrots w/<br/>BUSD Ranch Dip<br/>Cookie</p> <p> <b>BYO Bean Burrito</b></p> |
| <p>9</p> <p> <b>Chicken Taco Salad</b> w/ Cilantro<br/>Ranch Dressing<br/>or<br/><b>Bean &amp; Cheese Pupusa</b><br/>Salsa<br/>Orange Juice</p> <p> <b>Taco Salad w/ Beans</b></p>           | <p>10</p> <p> <b>Chicken Broccoli Alfredo</b> w/ Garlic Toast<br/> <b>Freight Farm</b> Lettuce<br/>Italian Dressing<br/>or<br/><b>Deluxe Chicken Sandwich</b><br/>w/ Buffalo Sauce or<br/>BUSD Ranch Dip</p> <p> <b>Veggie Broccoli Alfredo</b></p>         | <p>11</p> <p> <b>Chicken Enchilada Casserole</b><br/>Tortilla Chips &amp; Salsa<br/>or<br/><b>Lemon Pepper Chicken Wings</b><br/>Dinner Rolls (2)<br/>Seasoned Potato<br/>Wedges<br/>Pineapple Spears<br/>BUSD Ranch Cup</p> <p> <b>Cheese Enchilada Casserole</b></p> | <p>12</p> <p> <b>Chicken Drumstick</b><br/>Dinner Roll (1)<br/>Loaded Mashed Potatoes<br/>or<br/><b>Grilled Cheese Sandwich</b><br/>Cucumbers w/Tajin<br/> <b>Farm Fresh Pear</b></p> <p> <b>Chicken-less</b> Nuggets</p>                        | <p>13</p> <p> <b>BYO Cheesy Beef Nachos</b><br/>Pinto Beans<br/>Salsa<br/>or<br/><b>Deep Dish Cheese &amp; Pepperoni Pizza</b><br/>Baby Carrots w/<br/>BUSD Ranch Dip<br/>Cookie</p> <p> <b>BYO Bean Nachos</b></p>        |
| <p>16</p> <p> <b>Grilled Ham &amp; Cheese Sandwich</b><br/>Butternut Squash Soup<br/>or<br/><b>Chicken Crisp Taco</b><br/>Salsa<br/>Berry Blast Juice</p> <p> <b>Dijon Melt Sandwich</b></p> | <p>17</p> <p> <b>Spaghetti &amp; Meat Sauce</b> w/ Garlic Toast<br/>Cheese Stick<br/> <b>Freight Farm</b> Lettuce<br/>Ranch Dressing<br/>or<br/><b>Pull Apart Cheese</b><br/>Marinara Sauce Cup</p> <p> <b>Spaghetti &amp; Marinara</b> w/ Cheese Stick</p> | <p>18</p> <p><b>Minimum Day</b></p> <p>Sack Lunch</p>  | <p>19</p> <p><b>Minimum Day</b></p> <p>Sack Lunch</p>  | <p>20</p> <p><b>Minimum Day</b></p> <p>Sack Lunch</p>  |
| 23   | 24  | 25   | 26   | 27   |

HAPPY Holidays

School Closed



Winter Fruits