

Wednesday, January 22nd 2025

# BELLFLOWER MIDDLE & HIGH SCHOOL

# DAILY BULLETIN

## Breakfast

**Tomorrow**

 Breakfast Fried Rice  
 or  
Muffin

## TODAY'S SCHEDULE

REGULAR DAY  
Maroon - 1, 3, 5, 7

Period 1  
8:30 - 10:02 AM

Snack  
10:02 - 10:11 AM

Period 3  
10:17 - 11:49 AM

M.S. Lunch  
11:49 - 12:20 PM

H.S. Period 5  
11:55 - 1:27 PM

M.S. Period 5  
12:26 - 1:58 PM

H.S. Lunch  
1:27 - 1:58 PM

Period 7  
2:04 - 3:36 PM

## Lunch

**Menu**

 Chicken Enchilada Casserole  
Tortilla Chips & Salsa  
or  
Lemon Pepper Chicken Wings  
Dinner Rolls  
Seasoned Potato Wedges  
Pineapple Spears  
BUSD Ranch Cup  
or  
 Cheese Enchilada Casserole



**BOYS BASKETBALL VS PARAMOUNT**  
3:15 - JV, 4:45 - FROSH SOPH (AWAY)  
7:00 PM - VARSITY (HOME)  
**GIRLS BASKETBALL VS LA MIRADA**  
5:15 PM - VARSITY

### QUOTE OF THE DAY:

"HAPPINESS IS WHERE WE FIND IT, BUT VERY RARELY WHERE WE SEEK IT." - J. PETIT SENN

## WHAT'S

# HAPPENING

- Attention middle school students interested in Track. Track is upon us, please see Coach Durk at the track Monday through Thursday from 3:36 - 5pm starting today. If you have any questions please see Coach Durk or Mr. Christensen in room 103.