

**SOUTH Elementary Sites:**ILC - Lindstrom - Foster  
Jefferson - Williams**NORTH Elementary Sites:**Baxter - Pyle - Ramona  
Washington - Woodruff**Secondary Site:**

LF



Served Warm



(Breakfast)



Freshly Prepared

**BUSD Freight Farm**

Lettuce

**Farm Fresh Fruit**

(Locally farmed produce)

**Bellflower Unified School District****October 2026****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**

Juice and Fruit Variety

**Breakfast Milk Options**

Non-fat Milk, &amp; 1% Milk

**Lunch**Applesauce and  
Fruit Variety**Lunch Milk Options**Non-fat Milk, & 1% Milk  
NF Chocolate\* (M & F)**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1**  
(FP) Fresh Berry Cream  
Cheese Bagel or  
Muffin  
Orange Slices**2**  
(FP) Honey Garlic Beef  
Steamed Rice  
Vegetable Egg Roll  
or  
Chicken & Waffle  
Celery Sticks  
Pineapple Spears**3**  
(FP) Cereal & Jungle  
Crackers, Craisins or  
Pumpkin Breakfast  
Cake**4**  
(FP) Loaded Cheesy Bean  
Nachos  
or  
Deep Dish Cheese or  
Pepperoni Pizza  
Edamame  
Baby Carrots  
Fruit Cup**5**  
Cereal & Jungle  
Crackers, or  
Cinnamon Bun  
Seasonal Fruit**6**  
(FP) Salmon Poke Bowl  
or  
Beef Hot Dog  
Corn Cobbet  
Chili Lime Carrots  
Juice**7**  
(FP) Poptarts or  
Turkey Chorizo Breakfast  
Burrito  
Banana**8**  
(FP) Spaghetti & Meat Sauce  
w/ Garlic Toast  
or  
Deluxe Chicken  
Sandwich w/ Pickles, &  
Freight Farm Lettuce  
Chili Lime Carrots  
Apple Slices**9**  
(FP) Cereal & Jungle  
Crackers or  
Yogurt Parfait  
Fresh Strawberries**10**  
(FP) Turkey Chili Mac &  
Cheese  
or  
Beef BBQ Sandwich  
Jicama Sticks  
Cucumber Slices  
Farm Fresh  
Cantaloupe**11**  
(FP) Turkey Sausage  
Breakfast Pizza  
or  
Cheesy Egg & Hash  
Brown, Grapes**12**  
(FP) Orange Chicken w/  
Chow Mein  
Vegetable Egg Roll  
or  
Chicken Corn Dog  
Celery Sticks  
Pineapple Spears**13**  
Cereal & Jungle  
Crackers, Craisins or  
Waffle & Syrup Pkt**14**  
(FP) Beef Quesadilla  
W/ Salsa  
Refried Beans  
or  
Deep Dish Cheese or  
Pepperoni Pizza  
Baby Carrots  
Fruit Cup**NATIONAL SCHOOL LUNCH WEEK****No School****15**  
(FP) French Toast Sticks or  
Turkey Sausage & Egg  
Sandwich, Banana  
or  
Big Top Chicken  
Broccoli Alfredo  
Garlic Toast  
or  
Pull Apart Cheese  
Bread  
Freight Farm Lettuce  
Marinara Sauce  
Apple Slices**16**  
(FP) Cereal & Jungle  
Crackers or  
Yogurt Parfait  
Fresh Strawberries  
or  
Ringmaster's  
Grilled Cheese w/  
Tomato Bisque  
or  
Chicken Nuggets  
Goldfish Crackers  
Fries  
Cucumber Slices  
Farm Fresh  
Asian Pear**17**  
(FP) Fresh Berry Cream  
Cheese Bagel or  
Muffin  
Orange Slices  
or  
Carnival  
Honey Garlic Beef  
Steamed Rice  
Vegetable Egg Roll  
or  
Chicken & Waffle  
Celery Sticks  
Pineapple Spears**18**  
(FP) Cereal & Jungle  
Crackers, Craisins or  
Pumpkin Breakfast  
Cake  
or  
Acrobat's Loaded  
Cheesy Bean Nachos  
or  
Deep Dish Cheese or  
Pepperoni Pizza  
Edamame  
Baby Carrots  
Fruit Cup**19**  
(FP) Cereal & Jungle  
Crackers, or  
Cinnamon Bun  
Seasonal Fruit  
or  
Salmon Poke Bowl  
or  
Beef Hot Dog  
Corn Cobbet  
Chili Lime Carrots  
Juice**20**  
(FP) Poptarts or  
Turkey Chorizo Breakfast  
Burrito  
Banana**21**  
(FP) Spaghetti & Meat Sauce  
w/ Garlic Toast  
or  
Deluxe Chicken  
Sandwich w/ Pickles, &  
Freight Farm Lettuce  
Chili Lime Carrots  
Apple Slices**22**  
(FP) Cereal & Jungle  
Crackers or  
Yogurt Parfait  
Fresh Strawberries**23**  
(FP) Turkey Chili Mac &  
Cheese  
or  
Beef BBQ Sandwich  
Jicama Sticks  
Cucumber Slices  
Farm Fresh  
Cantaloupe**24**  
(FP) Turkey Sausage  
Breakfast Pizza  
or  
Cheesy Egg & Hash  
Brown, Grapes**25**  
(FP) Orange Chicken w/  
Chow Mein  
Vegetable Egg Roll  
or  
Chicken Corn Dog  
Celery Sticks  
Pineapple Spears**26**  
(FP) Cereal & Jungle  
Crackers, Craisins or  
Waffle & Syrup Pkt**27**  
(FP) Beef Quesadilla  
W/ Salsa  
Refried Beans  
or  
Deep Dish Cheese or  
Pepperoni Pizza  
Baby Carrots  
Fruit Cup**28**  
(FP) Cereal & Jungle  
Crackers or  
Concha  
Seasonal Fruit  
or  
Chipotle Ranch  
Chicken Burrito  
or  
Cheeseburger or  
Hamburger  
Freight Farm Lettuce  
Fries  
Juice  
Cali Roll To Go**29**  
(FP) French Toast Sticks or  
Turkey Sausage & Egg  
Sandwich, Banana**30**  
(FP) Chicken Broccoli  
Alfredo  
Garlic Toast  
or  
Pull Apart Cheese  
Bread  
Freight Farm Lettuce  
Marinara Sauce  
Apple Slices**31**  
(FP) Cereal & Jungle  
Crackers or  
Yogurt Parfait  
Fresh Strawberries**32**  
(FP) Grilled Cheese w/  
Tomato Bisque  
or  
Chicken Nuggets  
Goldfish Crackers  
Fries  
Cucumber Slices  
Farm Fresh  
Asian Pear**33**  
(FP) Fresh Berry Cream  
Cheese Bagel or  
Muffin  
Orange Slices**34**  
(FP) Honey Garlic Beef  
Steamed Rice  
Vegetable Egg Roll  
or  
Chicken & Waffle  
Celery Sticks  
Pineapple Spears**35**  
(FP) Cereal & Jungle  
Crackers, Craisins or  
Breakfast Fruit Pizza**36**  
(FP) Loaded Cheesy Bean  
Nachos  
or  
Deep Dish Cheese or  
Pepperoni Pizza  
Edamame  
Baby Carrots  
Fruit Cup