

**Daily Options:**

Cereal  
Craisins  
Whole Fruit  
Yogurt  
Cheese Sticks

**KEY:**

Served Warm



Freshly Prepared

BYO Build Your Own

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

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                                                           |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|
|  |                                                                                          |                                                     | 1<br>Muffin<br><br>or<br>Fresh Berry<br>Cream Cheese<br>Bagel                              | 2<br>Pumpkin<br>Breakfast Cake<br><br>or<br>Crumble Bread        |
| 5<br>Cinnamon Bun<br><br>or<br>Banana Bread                                      | 6<br>Poptarts<br>or<br>Turkey<br>Chorizo Egg<br>Breakfast<br>Burrito                     | 7<br>BYO Yogurt<br>Bowl<br><br>or<br>Fudge Brownie  | 8<br>Turkey<br>Sausage<br>Breakfast<br>Pizza<br>Grapes<br><br>or<br>Loaded Hash<br>Browns  | 9<br>Waffles<br><br>or<br>Cereal Bar<br>Variety                  |
| 12<br>No School                                                                  | 13<br>Turkey<br>Sausage Egg<br>Sandwich<br><br>or<br>French Toast<br>Sticks w/<br>Banana | 14<br>BYO Yogurt<br>Bowl<br><br>or<br>Churros       | 15<br>Muffin<br><br>or<br>Fresh Berry<br>Cream Cheese<br>Bagel                             | 16<br>Pumpkin<br>Breakfast<br>Cake<br><br>or<br>Crumble<br>Bread |
| 19<br>Cinnamon<br>Bun<br><br>or<br>Banana Bread                                  | 20<br>Poptarts<br>or<br>Turkey<br>Chorizo Egg<br>Breakfast<br>Burrito                    | 21<br>BYO Yogurt<br>Bowl<br><br>or<br>Fudge Brownie | 22<br>Turkey<br>Sausage<br>Breakfast<br>Pizza<br>Grapes<br><br>or<br>Loaded Hash<br>Browns | 23<br>Waffles<br><br>or<br>Cereal Bar<br>Variety                 |
| 26<br>Concha<br>or<br>Freshly<br>Baked Scone                                     | 27<br>Turkey<br>Sausage Egg<br>Sandwich<br><br>or<br>French Toast<br>Sticks w/<br>Banana | 28<br>BYO Yogurt<br>Bowl<br><br>or<br>Churros       | 29<br>Muffin<br><br>Or<br>Fresh Berry<br>Cream Cheese<br>Bagel                             | 30<br>Pumpkin<br>Breakfast Cake<br><br>or<br>Crumble Bread       |