

Sites Included:

ATC - SHS

**DAILY VEGETARIAN
OPTIONS!****KEY:**

Freshly Prepared

**BUSD Freight Farm****Farm Fresh Fruit****Grab & Go Meals****Bellflower Unified School District****October 2026**Middle & High School
Lunch Menu*We are an Equal Opportunity Provider. This Menu is
Subject to Change Without Prior Notice.***Daily Choices:****Milk Options (choose 1):**Nonfat Milk White,
1% Milk,
Nonfat Chocolate**Breakfast**

Juice and Fruit Variety

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**⁵
(FP) **Salmon Poke Bowl**
or
Beef Hot Dog
Corn Cobbet
Chili Lime Carrots
Juice(FP) **Edamame Poke Bowl**⁶
(FP) **Spaghetti & Meat
Sauce w/ Garlic Toast**
or
**Deluxe Chicken
Sandwich w/ Pickles,
& Freight Farm**
Lettuce
Baby Carrots(FP) **Spaghetti &
Plant-Based Sauce
w/ Garlic Toast**⁷
**Turkey Chili Mac &
Cheese Dinner Roll**(FP) or
**Beef BBQ Rib
Sandwich**
Jicama Sticks
Cucumber Slices
Farm Fresh
Cantaloupe**Bean & Cheese
Burrito**¹
(FP) **Honey Garlic Beef
Steamed Rice**
Vegetable Egg Roll
or
**Chicken & Waffle
w/Hot Honey**
Celery Sticks
Pineapple Spears
(FP)⁸
(FP) **Orange Chicken w/
Chow Mein**
Vegetable Egg Roll
or
Chicken Corn Dog
Celery Sticks
Pineapple Spears(FP) **Orange Chicken-less
Nuggets w/ Chow
Mein**²
(FP) **Loaded Cheesy Bean
Nachos**
or
**Deep Dish Cheese &
Pepperoni Pizza**
Edamame
Baby Carrots
Cookie
Cheese Pizza⁹
(FP) **Beef Quesadilla
w/ Salsa**
Refried Beans
or
**Deep Dish Cheese &
Pepperoni Pizza**
Baby Carrots
Cookie
Cheese Pizza**NATIONAL SCHOOL LUNCH WEEK****No School**¹²
(FP) **Big Top Tomato Basil
Chicken Alfredo**
Garlic Toast
or
**Pull Apart Cheese
Bread**
Freight Farm Lettuce
Marinara Sauce Cup
(FP) **Chicken-less Broccoli
Alfredo**¹³
(FP) **Ringmaster's
Grilled Cheese w/
Tomato Bisque**
or
**Lemon Pepper
Chicken Wings w/
Dill Ranch Dip**
Dinner Roll
Waffle Fries
Cucumber Slices
Farm Fresh
Asian Pear¹⁴
(FP) **Carnival Honey
Garlic Beef w/
Steamed Rice**
Vegetable Egg Roll
or
Chicken & Waffle
Celery Sticks
Pineapple Spears
(FP) **Plant-Based Teriyaki
Beef**¹⁵
(FP) **Acrobat's Loaded
Cheesy Bean
Nachos**
or
**Deep Dish Cheese &
Pepperoni Pizza**
Edamame
Baby Carrots
Cookie
Cheese Pizza¹⁹
(FP) **Salmon Poke Bowl**
or
Beef Hot Dog
Corn Cobbet
Chili Lime Carrots
Juice(FP) **Edamame Poke Bowl**²⁰
(FP) **Spaghetti & Meat
Sauce w/ Garlic Toast**
or
**Deluxe Chicken
Sandwich w/ Pickles,
& Freight Farm**
Lettuce
Baby Carrots(FP) **Spaghetti &
Plant-Based Sauce
w/ Garlic Toast**²¹
(FP) **Turkey Chili Mac &
Cheese Dinner Roll**
or
**Beef BBQ Rib
Sandwich**
Jicama Sticks
Cucumber Slices
Farm Fresh
Cantaloupe
**Bean & Cheese
Burrito**²²
(FP) **Orange Chicken w/
Chow Mein**
Vegetable Egg Roll
or
Chicken Corn Dog
Celery Sticks
Pineapple Spears
(FP) **Orange Chicken-less
Nuggets w/ Chow
Mein**²³
(FP) **Beef Quesadilla
w/ Salsa**
Refried Beans
or
**Deep Dish Cheese &
Pepperoni Pizza**
Edamame
Baby Carrots
Cookie
Cheese Pizza²⁶
(FP) **Chipotle Ranch
Chicken Burrito**
or
(FP) **BUSD Burger/
Cheeseburger**
Fries
Juice
GG **Cali Roll To Go**²⁷
(FP) **Tomato Basil Chicken
Alfredo**
Garlic Toast
or
**Pull Apart Cheese
Bread**
Freight Farm Lettuce
Marinara Sauce Cup
(FP) **Chicken-less Broccoli
Alfredo**²⁸
(FP) **Grilled Cheese w/
Tomato Bisque**
or
**Lemon Pepper
Chicken Wings w/
Dill Ranch Dip**
Dinner Roll
Waffle Fries
Cucumber Slices
Farm Fresh
Asian Pear²⁹
(FP) **Honey Garlic Beef
Steamed Rice**
Vegetable Egg Roll
or
Chicken & Waffle
Celery Sticks
Pineapple Spears
(FP) **Plant-Based Teriyaki
Beef**³⁰
(FP) **Loaded Cheesy Bean
Nachos**
or
**Deep Dish Cheese &
Pepperoni Pizza**
Edamame
Baby Carrots
Cookie
Cheese Pizza