SOUTH Elementary Sites:
ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:
Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Site:
LF

KEY:
Served Warm (Breakfast)
(FP) Freshly Prepared
BUSD Freight Farm Lettuce
Farm Fresh Fruit (Locally farmed produce)

Bellflower Unified School District

November 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:

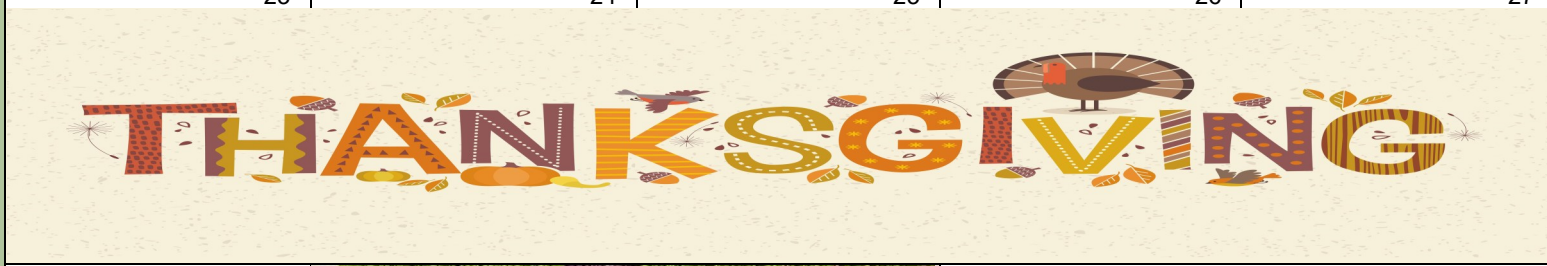
Breakfast
Juice and Fruit Variety

Breakfast Milk Options
Non-fat Milk, & 1% Milk

Lunch
Applesauce and Fruit Variety

Lunch Milk Options
Non-fat Milk, & 1% Milk
NF Chocolate* (M & F)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal & Jungle Crackers, *or* Cinnamon Bun Seasonal Fruit (FP) **Salmon Poke Bowl** *or* **Beef Hot Dog** Corn Cobbet Chili Lime Carrots Juice	3 (FP) Poptarts *or* Turkey Chorizo Breakfast Burrito Banana (FP) **Spaghetti & Meat Sauce** w/ Garlic Breadstick *or* **Deluxe Chicken Sandwich** w/ Pickles & Freight Farm Lettuce Chili Lime Carrots Apple Slices	4 (FP) Cereal & Jungle Crackers *or* Yogurt Parfait Strawberries (FP) **Turkey Chili Mac & Cheese** *or* **Beef BBQ Sandwich** Jicama Sticks Cucumber Slices Farm Fresh Persimmon	5 Turkey Sausage Breakfast Pizza *or* (FP) Cheesy Egg & Hash Brown, Grapes (FP) **Orange Chicken w/ Chow Mein** Vegetable Egg Roll *or* **Chicken Corn Dog** Celery Sticks Pineapple Spears	6 Cereal & Jungle Crackers, Craisins *or* Waffle & Syrup Pkt (FP) **Beef Quesadilla W/ Salsa** Refried Beans *or* **Deep Dish Cheese or Pepperoni Pizza** Baby Carrots Fruit Cup
9 Cereal & Jungle Crackers *or* Concha Seasonal Fruit (FP) **Chipotle Ranch Chicken Burrito** *or* **Cheeseburger or Hamburger** Freight Farm Lettuce Fries Juice GG **Cali Roll To Go**	10 French Toast Sticks *or* Turkey Sausage & Egg (FP) Sandwich, Banana (FP) **Tomato Basil Chicken Alfredo** Garlic Breadstick *or* **Pull Apart Cheese Bread** Freight Farm Lettuce Marinara Sauce Apple Slices	11 	12 Fresh Berry Cream Cheese Bagel *or* (FP) Muffin Orange Slices (FP) **Honey Garlic Beef Steamed Rice** Vegetable Egg Roll *or* **Chicken & Waffle** Celery Sticks Pineapple Spears	13 (FP) Cereal & Jungle Crackers, Craisins *or* Pumpkin Breakfast Cake (FP) **Loaded Nachos Supreme** (w/Beef & Black Beans) *or* **Deep Dish Cheese or Pepperoni Pizza** Edamame Baby Carrots Fruit Cup
16 Cereal & Jungle Crackers, *or* Cinnamon Bun Seasonal Fruit (FP) **Salmon Poke Bowl** *or* **Beef Hot Dog** Corn Cobbet Chili Lime Carrots Juice	17 Poptarts *or* Turkey Chorizo Breakfast Burrito Banana (FP) **Spaghetti & Meat Sauce** w/ Garlic Breadstick *or* **Deluxe Chicken Sandwich** w/ Pickles & Freight Farm Lettuce Chili Lime Carrots Apple Slices	18 (FP) Cereal & Jungle Crackers *or* Yogurt Parfait Strawberries (FP) **Turkey Chili Mac & Cheese** *or* **Beef BBQ Sandwich** Jicama Sticks Cucumber Slices Farm Fresh Persimmon	19 Turkey Sausage Breakfast Pizza *or* (FP) Cheesy Egg & Hash Brown, Grapes (FP) **Orange Chicken w/ Chow Mein** Vegetable Egg Roll *or* **Chicken Corn Dog** Celery Sticks Pineapple Spears	20 Cereal & Jungle Crackers, Craisins *or* Waffle & Syrup Pkt (FP) **Beef Quesadilla W/ Salsa** Refried Beans *or* **Deep Dish Cheese or Pepperoni Pizza** Baby Carrots Fruit Cup
23	24	25	26	27



30 Cereal & Jungle Crackers *or* Concha Seasonal Fruit (FP) **Chipotle Ranch Chicken Burrito** *or* **Cheeseburger or Hamburger** Freight Farm Lettuce Fries Juice GG **Cali Roll To Go**		**Orange**: Contains **the highest total carotenoids**, optimal for immune health and night vision support. **Purple**: Packed with the same powerful antioxidants found in blueberries. Excellent for **fighting inflammation** and protecting heart health. **Yellow**: Focuses heavily on **eye and brain health**; helps protect eyes from macular degeneration. **Red**: The same antioxidant found in tomatoes. Linked to a **lower risk of heart disease** and certain cancers.

Final10/20/26 LM