Daily Options:
Cereal
Craisins
Whole Fruit
Yogurt
Cheese Sticks

KEY:
Served Warm
(FP) Freshly Prepared
BYO Build Your Own

Bellflower Unified School District

November 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
2 **Cinnamon Bun** or **Banana Bread**	3 **Poptarts** or **Turkey Chorizo Egg Breakfast Burrito** (FP)	4 **BYO Yogurt Bowl** (FP) or **Fudge Brownie**	5 **Turkey Sausage Breakfast Pizza** **Grapes** *or* **Loaded Hash Browns** (FP)	6 **Waffles** *or* **Cereal Bar** Variety
9 **Concha** or **Freshly Baked Scone** (FP)	10 **Turkey Sausage Egg Sandwich** or **French Toast Sticks** w/ Banana (FP)	11 	12 **Muffin** *or* **Fresh Berry Cream Cheese Bagel** (FP)	13 **Pumpkin Breakfast Cake** (FP) *or* **Crumble Bread**
16 **Cinnamon Bun** or **Banana Bread**	17 **Poptarts** or **Turkey Chorizo Egg Breakfast Burrito** (FP)	18 **BYO Yogurt Bowl** (FP) or **Fudge Brownie**	19 **Turkey Sausage Breakfast Pizza** **Grapes** *or* **Loaded Hash Browns** (FP)	20 **Waffles** *or* **Cereal Bar** Variety
23	24	25	26	27



30 **Concha** or **Freshly Baked Scone** (FP)		**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 denegation. **Red**: The same antioxidant found in tomatoes. Linked to a **lower risk of heart disease** and certain cancers.

Final 10/20/26 LM