Sites Included:

ATC - SHS

DAILY VEGETARIAN OPTIONS!

KEY:

(FP) Freshly Prepared

BUSD Freight Farm Lettuce

Farm Fresh Fruit

GG Grab & Go Meals

Bellflower Unified School District

November 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):

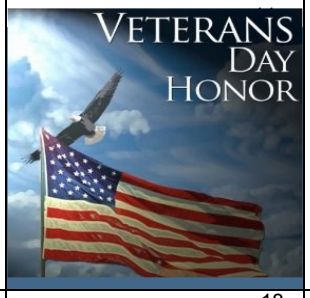
Nonfat Milk White,

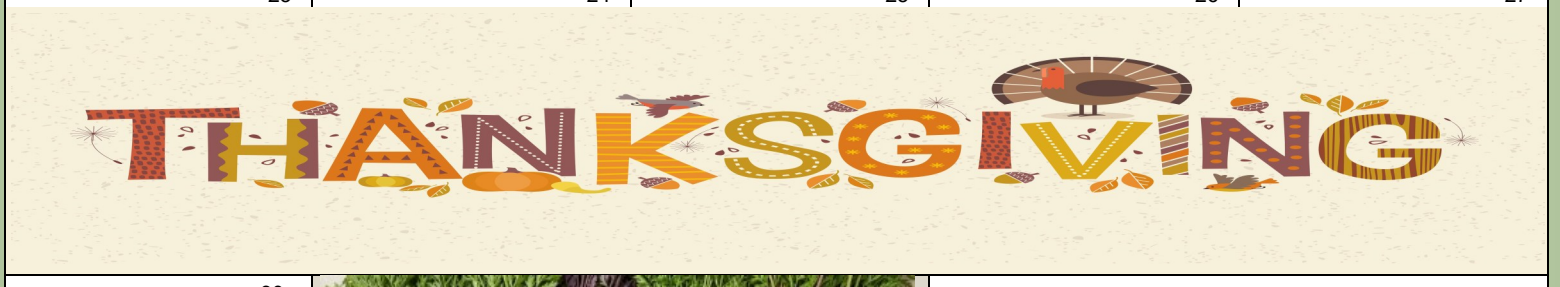
1% Milk,

Nonfat Chocolate

Breakfast

Juice and Fruit Variety

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 (FP) **Salmon Poke Bowl** *or* **Beef Hot Dog** Corn Cobbet Chili Lime Carrots Juice (FP) **Edamame Poke Bowl**	3 (FP) **Spaghetti & Meat Sauce w/** Garlic Breadstick *or* **Deluxe Chicken Sandwich** w/ Pickles & Freight Farm Lettuce Baby Carrots (FP) **Spaghetti & Plant-Based Sauce w/ Garlic Breadstick**	4 (FP) **Turkey Chili Mac & Cheese** Dinner Roll *or* **Beef BBQ Rib Sandwich** Jicama Sticks Cucumber Slices Farm Fresh Persimmon **Bean & Cheese Burrito**	5 (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**	6 (FP) **Beef Quesadilla w/ Salsa** Refried Beans *or* **Deep Dish Cheese & Pepperoni Pizza** Baby Carrots Cookie **Cheese Pizza**
9 (FP) **Chipotle Ranch Chicken Burrito** *or* (FP) **BUSD Burger/ Cheeseburger** Fries Juice GG **Cali Roll To Go**	10 (FP) **Tomato Basil Chicken Alfredo** Garlic Breadstick *or* **Pull Apart Cheese Bread** Freight Farm Lettuce Marinara Sauce Cup (FP) **Chicken-less Broccoli Alfredo w/ Garlic Breadstick**		12 (FP) **Honey Garlic Beef Steamed Rice** Vegetable Egg Roll *or* **Chicken & Waffle** Celery Sticks Pineapple Spears (FP) **Plant-Based Teriyaki Beef**	13 (FP) **Loaded Nachos Supreme** (w/Beef & Black Beans) *or* **Deep Dish Cheese & Pepperoni Pizza** Edamame Baby Carrots Cookie **Cheese Pizza**
16 (FP) **Salmon Poke Bowl** *or* **Beef Hot Dog** Corn Cobbet Chili Lime Carrots Juice (FP) **Edamame Poke Bowl**	17 (FP) **Spaghetti & Meat Sauce w/** Garlic Breadstick *or* **Deluxe Chicken Sandwich** w/ Pickles & Freight Farm Lettuce Baby Carrots (FP) **Spaghetti & Plant-Based Sauce w/ Garlic Breadstick**	18 (FP) **Turkey Chili Mac & Cheese** Dinner Roll *or* **Beef BBQ Rib Sandwich** Jicama Sticks Cucumber Slices Farm Fresh Persimmon **Bean & Cheese Burrito**	19 (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**	20 (FP) **Beef Quesadilla w/ Salsa** Refried Beans *or* **Deep Dish Cheese & Pepperoni Pizza** Baby Carrots Cookie **Cheese Pizza**
23	24	25	26	27



30 (FP) **Chipotle Ranch Chicken Burrito** *or* (FP) **BUSD Burger/ Cheeseburger** 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.

Final 10/20/26 LM