

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Site:

LF

**KEY:**

Served Warm
(Breakfast)



Freshly Prepared



Bellflower Unified School District

January 2024

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 & Lunch:
Juice and Fruit Variety

Milk Options (choose 1):

1% Milk,
NF Chocolate* (M & F)

Condiments:

Mustard, Ketchup, Mayo,
BBQ, Ranch & Italian
Dressing, Syrup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
No School	No School	(FP) Cereal & Craisins or Yogurt Parfait (FP) Cheesy Beef Nachos Pinto Beans or Cheese & Deep Dish Pepperoni Pizza Romaine Salad w/ Ranch Dressing Apple Slices	(FP) Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit (FP) Chicken Drumstick Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Baby Carrots w/ Ranch Pkt Pineapple Spears	(FP) Cereal & Craisins or Waffle w/ Banana & Syrup Pkt (FP) Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Fruit Cup
15	16	17	18	19
	(FP) Concha Variety or Breakfast Bites Mixed Fruit (FP) Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	(FP) Cereal & Craisins or Yogurt Parfait (FP) Green Chile Beef Burrito w/ Ranch Style Beans or Cheese & Deep Dish Pepperoni Pizza Romaine Salad w/ Ranch Dressing Apple Slices	(FP) Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit (FP) Orange Chicken Steamed Rice Steamed Broccoli or Corn Dog Celery w/ Ranch Pkt Pineapple Spears	(FP) Cereal & Craisins or Breakfast Fruit Pizza (FP) BBQ Pulled Pork Mac and Cheese Dinner Roll Baby Carrots w/ Ranch Pkt or Chicken Chipotle Pocket Fruit Cup
22	23	24	25	26
(FP) Cereal & Craisins or French Toast Sticks w/ Apple Glaze (FP) Chicken Taco Salad w/ Cilantro Ranch Dressing or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice	(FP) Concha Variety or Egg Pork Sausage Cheese Sandwich Mixed Fruit (FP) Chicken Broccoli Alfredo Garlic Toast Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks	(FP) Cereal & Craisins or Yogurt Parfait (FP) Cheesy Beef Nachos Pinto Beans or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices	(FP) Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit (FP) Chicken Drumstick Dinner Roll Loaded Mashed Potatoes or Grilled Cheese Sandwich Baby Carrots w/ Ranch Pkt Pineapple Spears	(FP) Cereal & Craisins or Waffle w/ Banana & Syrup Pkt (FP) Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Fruit Cup
29	30	31		
(FP) Cereal & Craisins or French Toast Sticks w/ Apple Glaze (FP) Tomato Bisque w/ Grilled Ham & Cheese Sandwich or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice	(FP) Concha Variety or Breakfast Bites Mixed Fruit (FP) Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks	(FP) Cereal & Craisins or Yogurt Parfait (FP) Green Chile Beef Burrito w/ Ranch Style Beans or Cheese & Deep Dish Pepperoni Pizza Romaine Salad w/ Ranch Dressing Apple Slices		