

LUNCH

December 2014

Bellflower Unified School District

Lunch Fact

MyPlate recommends:

Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



Monday

1
CHICKEN NUGGETS
Trocitos de Pollo
Carrots-Zanahorias
Celery Sticks-apio
Fruit-fruta

Tuesday

2
CHICKEN TERIYAKI
Pollo Teriyaki
Steamed Rice-arroz al vapor
Broccoli Trees- *Brócoli*
Carrot Sticks-zanahorias
Fruit-fruta

Wednesday

3
TURKEY SANDWICH
Sandwich de Pavo
Corn-elote
Celery Sticks-apio
Fruit-fruta

Thursday

4
CHICKEN SOFT TACO
Taco Suave de Pollo
Pinto Beans-frijoles pinto
Carrot Sticks- zanahorias
Fruit-fruta

Friday

5
CHEESE QUESADILLA
With Garden Salad
Quesadilla con ensalada
Jicama Sticks
Fruit-fruta

8
CRUNCHY CHICKEN
WRAP- *Tortilla Wrap*
de Pollo
Lettuce, Tomato
Celery Sticks-apio
Fruit-fruta

9
GRILLED CHEESE
SANDWICH
Sandwich de Queso
Carrots-zanahorias
Jicama Sticks
Fruit -fruta

10
BEEFY MACARONI
Macarron con Carne
Corn-elote
Carrot Sticks-zanahoria
Fruit-fruta

11
CHICKEN FAJITA
Fajita de Pollo
Refried Beans-frijoles
refritos
Celery Sticks-apio
Fruit-fruta

12
BREADED BEEF
SANDWICH
Filete de Pollo Empanizado
Baked Fries-Papas horneadas
Carrots Sticks-Zanahorias
Fruit-fruta

15
CHEF SALAD
Ensalada Chef
Roll-pan
Green Beans-judías verdes
Carrot sticks- zanahorias
Fruit-fruta

16
CHICKEN NACHOS
Nachos con Pollo
Pinto Beans-frijoles pinto
Jicama Sticks
Fruit-fruta

17
CHICKEN SANDWICH
Sandwich de Pollo
Corn-elote
Carrot Sticks-zanahoria
Fruit-fruta

18
SPAGHETTI w/ Meat Sa
Espagueti con Salsa Carne
Roll-pan
Salad-ensalada
Celery Sticks-apio
Fruit-fruta

19
Winter Break
Begins
School Closed

22

23

24

25

26

Winter Break-School Closed

29

30

31

Winter Break -School Closed- School resumes Jan 5th

Pizza days:
Monday- EP& FEW
Tuesday- ILC & SF
Wednesday- TJ, RA, & LF
Thursday- CW & EL
Friday-AB, WA, BAE, SHS

All Meals Served With
1% White Milk
Or
Non-Fat Milk
Fruit