

LUNCH

November 2014

Bellflower Unified School District

Nutrition Tip

Increase veggie intake for the whole family. Here are some ideas:

- Double the vegetables prepared for dinner and use the leftovers in meals the next day.
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

* Monday

* Tuesday

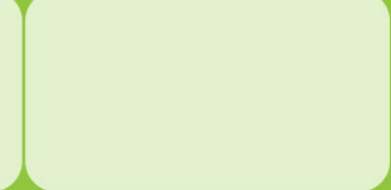
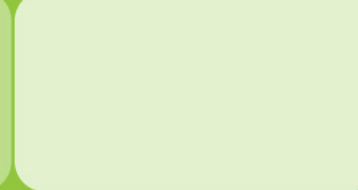
* Wednesday

* Thursday

* Friday

ALL MEALS SERVED WITH:
1% White Milk or Non-Fat Milk, and Fruit

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



CHICKEN NACHOS **3**
Nachos con Pollo
Pinto Beans
Jicama Sticks
Fruit

CHICKEN SANDWICH **4**
Sandwich de Pollo
Corn
Carrot Sticks
Fruit

SPAGHETTI w/ Meat Sauce **5**
Espagueti con Salsa Carne
Roll
Salad
Celery Sticks
Fruit

CHEF SALAD **6**
Ensalada Chef
Roll
Green Beans
Carrot sticks
Fruit

CHEESEBURGER **7**
Hamburguesa con queso
Lettuce, Tomato
Baked Fries
Fruit

10
School Closed

11
Veteran's Day
Holiday

BRUNCH FOR LUNCH **12**
Desayuno Para Almuerzo
Beef Sausage Patty slider
Hash Brown
Celery Sticks
Fruit

BEAN & CHEESE BURRITO **13**
Burrito
Salsa
Jicama Sticks
Fruit

BUSD GRINDER **14**
Sandwich Grinder
Lettuce, Tomato
Celery Sticks
Fruit

CHICKEN CORNDOG **17**
Corndog de pollo
Baked Beans
Carrot Sticks
Fruit

ROASTED CHICKEN **18**
Pollo Rositzado
Roll
Carrots
Jicama Sticks
Fruit

BEEF RIB-B-QUE SANDWICH **19**
Costilla Sobre Pan
Green Beans
Celery Sticks
Fruit

TURKEY & GRAVY MASHED POTATOS **20**
Pavo y Gravy Papas de Pure
Whole Wheat Roll
Carrot Sticks
Fruit

CHEESEBURGER **21**
Hamburguesa con queso
Lettuce, Tomato
Baked Fries
Fruit

24

25

26

27

28

Thanksgiving Break- School Closed