

# Weekly Menu Bellflower Unified School District - Elementary

## BREAKFAST



**ALL BREAKFAST MEALS SERVED WITH CHOICE OF:**  
 1% White Milk or Non-Fat Milk  
 Fruit or 100% Fruit Juice.  
**DAILY CHOICES** Main Entrée, Muffin or Cereal  
 with Cheese Stick



Eating breakfast is important for establishing healthy habits for later in life. Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

**Come join us every day before school starts!**

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

August 31

FRENCH TOAST

1

EGG AND CHEESE  
BURRITO

2

YOGURT PARFAIT

3

EGG AND CHEESE  
SANDWICH

4

SNACK N WAFFLE

7

**LABOR DAY  
HOLIDAY**

8

EGG AND CHEESE  
BURRITO

9

YOGURT PARFAIT

10

EGG AND CHEESE  
SANDWICH

11

SNACK N WAFFLE

14

FRENCH TOAST

15

EGG AND CHEESE  
BURRITO

16

YOGURT PARFAIT

17

EGG AND CHEESE  
SANDWICH

18

SNACK N WAFFLE

21

FRENCH TOAST

22

EGG AND CHEESE  
BURRITO

23

YOGURT PARFAIT

24

EGG AND CHEESE  
SANDWICH

25

SNACK N WAFFLE

28

FRENCH TOAST

29

EGG AND CHEESE  
BURRITO

30

YOGURT PARFAIT

**Breakfast is served at the following sites:**

Albert Baxter, Craig Williams, Ernie Pyle,  
 Frank E. Woodruff, Ramona,  
 Thomas Jefferson and Washington