

# LUNCH

May 2015

Bellflower Unified School District



**Put Healthy Food on Your Table with CalFresh.**  
Do you need more money for Food? CalFresh can help you buy nutritious food to stay healthy. For more information on CalFresh, go on-line to [dps.lacounty.gov](http://dps.lacounty.gov) or call (866) 613-3777.

**Eat Healthy, Live Healthy**

\* Monday

\* Tuesday

\* Wednesday

\* Thursday

\* Friday

## Pizza Days:

**Mon- EP&FEW    Tues- ILC&SF**  
**Wed-TJ, RA&LF    Thurs-CW&EL**  
**Fri- AB, WA, BAE, SHS**

**All Meals Served with:**  
**1% White Milk OR Non-Fat Milk**  
*May is National Physical Fitness and Sports Month*

**BUSD GRINDER** **1**  
*Sandwich Grinder*  
Lettuce, Tomato  
Carrot Sticks  
Fruit

**CHICKEN CORNDOG** **4**  
*Corndog de pollo*  
Baked Beans  
Carrot Sticks  
Fruit

**ROASTED CHICKEN** **5**  
*Pollo Rostizado*  
Roll  
Sweet Potato Fries  
Celery Sticks  
Fruit

**BEEF RIB-B-QUE SANDWICH** **6**  
*Costilla Sobre Pan*  
Green Beans  
Zucchini Sticks  
Fruit Juice

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

**TURKEY & GRAVY MASHED POTATOES** **8**  
*Pavo y Gravy con Puré de Papa*  
Whole Wheat Roll  
Carrot Sticks  
Fruit

**CHICKEN TERIYAKI** **11**  
*Pollo Teriyaki*  
Steamed Rice  
Broccoli  
Carrot Sticks  
Fruit

**TURKEY SANDWICH** **12**  
*Sandwich de Pavo*  
Salad  
Jicama Sticks  
Fruit Juice  
**Minimum Day South Side**

**BEEF SOFT TACO** **13**  
*Taco suave de res*  
Refried beans  
Zucchini Sticks  
Fruit

**TURKEY SANDWICH** **14**  
*Sandwich de Pavo*  
Salad  
Carrot Sticks  
Fruit Juice  
**Minimum Day North Side**

**CHICKEN NUGGETS** **15**  
*Trocitos de pollo*  
Roll  
Carrots,  
Celery Sticks  
Fruit

**CRUNCHY CHICKEN WRAP** **18**  
*Tortilla Wrap de Pollo*  
Lettuce, Tomato  
Celery sticks  
Fruit

**BREADED BEEF SANDWICH** **19**  
*Filete de res empanizado*  
Baked fries  
Carrots sticks  
Fruit Juice

**COOK'S CHOICE** **20**  
*Elección del Cocinero*  
Green Beans  
Celery Sticks  
Fruit

**CHICKEN FAJITA** **21**  
*Fajita de Pollo*  
Pinto Beans  
Carrot Sticks  
Fruit Juice

**GRILLED CHEESE SANDWICH** **22**  
*Sandwich de Queso*  
Carrots  
Celery Sticks  
Fruit

**School Closed** **25**  
**Memorial Day**  
**Observance**

**CHEESEBURGER** **26**  
*Hamburguesa con queso*  
Lettuce, Tomato  
Baked Fries  
Fruit

**SPAGHETTI w/ Meat Sauce** **27**  
*Espagueti con Salsa Carne*  
Roll  
Salad  
Celery Sticks  
Fruit

**CHICKEN SANDWICH** **28**  
*Sandwich de Pollo*  
Corn  
Carrot Sticks  
Fruit

**NACHOS** **29**  
*Nachos con Pollo*  
Refried Beans  
Jicama Sticks  
Fruit