

# September 2015 Bellflower Unified School District- Elementary

## LUNCH



### Daily Choices Include:

1% White Milk or Non Fat Milk  
Main Entrée, Pizza, Yogurt Parfait,  
or PB&J Uncrustable Sandwich



**Nutrition Tip:** The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

August 31  
CHICKEN NUGGETS  
*Trocitos de Pollo*  
Bread Roll  
Sliced Carrots  
Celery Sticks  
Fruit

1  
MAC N CHEESE  
*Macarrones con queso*  
Bread Roll  
Baked Beans  
Carrot Sticks  
Fruit



2  
BRUNCH FOR LUNCH  
*Desayuno Para Almuerzo*  
Pancake on a Stick  
Hash Brown  
Celery Sticks  
Fruit and Juice

3  
BEAN & CHEESE BURRITO  
*Burrito de frijoles con queso*  
Salsa  
Jicama Sticks  
Fruit

4  
BUSD GRINDER  
*Sandwich Grinder*  
Lettuce, Tomato  
Carrot Sticks  
Fruit

7  
LABOR DAY  
HOLIDAY  
NO SCHOOL

8  
ROASTED CHICKEN  
*Pollo Rosizado*  
Bread Roll  
Mashed Potatoes  
Carrot Sticks  
Fruit

9  
BEEF SOFT TACO  
*Taco suave de res*  
Pinto Beans  
Celery Sticks  
Fruit

10  
CHEESE QUESADILLA  
*Quesadilla con ensalada*  
Garden Salad  
Jicama Sticks  
Fruit

11  
CHEESEBURGER  
*Hamburguesa con queso*  
Baked Sweet Potato Fries  
Lettuce, Tomato  
Fruit

14  
CORNDOG  
Baked Beans  
Carrot Sticks  
Fruit

15  
Chile Verde Pork  
*Puerco con chile verde*  
Spanish Rice  
Sliced Carrots  
Jicama Sticks, Fruit  
\*Minimum Day-North Side

16  
RIB-B-QUE SANDWICH  
*Costilla Sobre Pan*  
Green Beans  
Celery Sticks  
Fruit

17  
TURKEY & GRAVY  
*Pavo con Gravy*  
Bread Roll  
Mashed Potatoes  
Carrot Sticks, Fruit  
\*Minimum Day- South Side

18  
CRUNCHY CHICKEN  
WRAP  
*Envoltura de Tortilla con Pollo*  
Lettuce, Tomato  
Celery Sticks  
Fruit

21  
BREADED BEEF  
SANDWICH  
*Filete de Pollo Empanizado*  
Baked Fries  
Carrots Sticks  
Fruit

22  
BEEFY MACARONI  
*Macarrón con Carne*  
Bread Roll  
Hot Corn  
Celery Sticks  
Fruit

23  
CHICKEN FAJITA  
*Fajita de Pollo*  
Refried Beans  
Jicama Sticks  
Fruit

24  
GRILLED CHEESE SANDW  
*Sandwich de Queso*  
Garden Salad  
Carrot Sticks  
Fruit

25  
CHICKEN NUGGETS  
*Trocitos de Pollo*  
Bread Roll  
Sliced Carrots  
Celery Sticks  
Fruit

28  
CHICKEN SANDWICH  
*Sandwich de Pollo*  
Sliced Carrots  
Celery Sticks  
Fruit

29  
SPAGHETTI w/ Meat Sauce  
*Espagueti con Salsa Carne*  
Bread Roll  
Salad  
Carrot Sticks  
Fruit

30  
CHEESY NACHOS  
*Nachos con Queso*  
Tortilla Chips  
Refried Beans  
Carrot Sticks  
Fruit



Menu subject to change without notice