

September 2015 Bellflower Unified School District – LAS FLORES

LUNCH



Daily Choices Include:
1% White Milk or Non Fat Milk



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

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

Tuesday

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



Wednesday

Cheese Pizza **2**
Pizza de Queso
Garden Salad
Celery Sticks
Fruit

Thursday

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

Friday

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

**LABOR DAY
HOLIDAY
NO SCHOOL**

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

Cheese Pizza **9**
Pizza de Queso
Garden Salad
Celery Sticks
Fruit

CHEESE QUESADILLA **10**
Quesadilla con ensalada
Pinto Beans
Jicama Sticks
Fruit

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

CORNDOG **14**
Baked Beans
Carrot Sticks
Fruit

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

Cheese Pizza **16**
Pizza de Queso
Garden Salad
Celery Sticks
Fruit

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

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

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

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

Cheese Pizza **23**
Pizza de Queso
Three Bean Salad
Jicama Sticks
Fruit

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

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

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

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

Cheese Pizza **30**
Pizza de Queso
Three Bean Salad
Carrots Sticks
Fruit



Menu subject to change without notice