

# Weekly Menu Bellflower Unified School District - Elementary

## BREAKFAST



**ALL MEALS SERVED WITH CHOICE OF:**

1% White Milk or Non-Fat Milk  
Fruit or 100% Fruit Juice.

**DAILY CHOICES :**

Muffin or Cereal with String Cheese



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

### Monday

FRENCH TOAST

### Tuesday

EGG BREAKFAST SANDWICH

### Wednesday

YOGURT PARFAIT  
GRAHAM CRACKERS

### Thursday

SAUSAGE BREAKFAST SANDWICH

### Friday

SNACK N WAFFLE

FRENCH TOAST

EGG BREAKFAST SANDWICH

YOGURT PARFAIT  
GRAHAM CRACKERS

SAUSAGE BREAKFAST SANDWICH

SNACK N WAFFLE

FRENCH TOAST

EGG BREAKFAST SANDWICH

YOGURT PARFAIT  
GRAHAM CRACKERS

SAUSAGE BREAKFAST SANDWICH

SNACK N WAFFLE

FRENCH TOAST

EGG BREAKFAST SANDWICH

YOGURT PARFAIT  
GRAHAM CRACKERS

SAUSAGE BREAKFAST SANDWICH

SNACK N WAFFLE

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

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

