

April 2017

Bellflower Unified School District- Elementary

LUNCH



Daily Choices Include:

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



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

COUNTRY STEAK SANDWICH 3
Filete de Pollo Empanizado
Baked Fries
Baby Carrots
Fruit

Tuesday

BEEFY MACARONI 4
Macarrón con Carne
Bread Stick
Hot Corn
Cucumber
Fruit

Wednesday

CHICKEN TACO NACHOS 5
Nachos de Pollo
Pinto Beans
Fresh Salsa
Fruit

Thursday

GRILLED CHEESE SANDWICH 6
Sandwich de Queso
Spinach Salad
Baby Carrots
Fruit

Friday

CHICKEN NUGGETS WRAP 7
Envoltura de Tortilla con Pollo
Lettuce & Tomato
Zucchini Sticks
Fruit
Holiday Cookie

10

11

12

13

14

Easter Break

GRILLED CHICKEN SANDWICH 17
Sandwich de Pollo
Sweet Potato Fries
Cucumber
Fruit

SPAGHETTI & MEATSAUCE 18
Espagueti con Carne
Bread Stick
Spinach Salad
Baby Carrots
Fruit

CHEESY NACHOS 19
Nachos con Queso
Tortilla Chips
Refried Beans
Zesty Jicama
Fruit

PHILLY STEAK SANDWICH 20
Sandwich de Res estilo Philly
Three Bean Salad
Zucchini Sticks
Fruit

FISH N' CHIPS 21
Pescado con papitas
Baked Fries
Cabbage Coleslaw
Fruit

CHICKEN NUGGETS 24
Trocitos de Pollo
Sliced Carrots
Zucchini Sticks
Fruit, Dinner Roll

BEEF TACO NACHOS 25
Nachos de carne
Pinto Beans
Fresh Salsa
Fruit

BRUNCH FOR LUNCH 26
Desayuno Para Almuerzo
Pork Sausage Sandwich
Hash Brown
Cucumber
Fruit and Juice

BEAN & CHEESE BURRITO 27
Burrito de frijoles con queso
Spinach Salad
Fresh Salsa
Fruit

BUSD GRINDER 28
Sandwich Grinder
Lettuce & Tomato
Zesty Jicama
Fruit

