

April 2017

Bellflower Unified School District- Las Flores

LUNCH



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

3

Tuesday

4

Wednesday

5

Thursday

6

Friday

7

COUNTRY STEAK SANDWICH
Filete de Pollo Empanizado
Baked Fries
Cucumber
Fruit

CHEESE PIZZA
Pizza de Queso
3 Bean Salad
Zesty Jicama
Fruit

GRILLED CHEESE SANDWICH
Sandwich de Queso
Spinach Salad
Baby Carrots
Fruit
Holiday Cookie

Easter Break 10
School Closed

Easter Break 11
School Closed

Easter Break 12
School Closed

Easter Break 13
School Closed

Easter Break 14
School Closed

17

GRILLED CHICKEN SANDWICH
Sandwich de Pollo
Sweet Potato Fries
Cucumber
Fruit

18

CHEESE PIZZA
Pizza de Queso
Spinach Salad
Zesty Jicama
Fruit

19

Minimum Day 20
NO LUNCH

21

24

CHICKEN NUGGETS
Trocitos de Pollo
Bread Roll
Sliced Carrots
Zucchini Sticks
Fruit

25

CHEESE PIZZA
Pizza de Queso
Three Bean Salad
Cucumber
Fruit and Juice

26

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

28



This institution is an equal opportunity provider and employer.

Menu is subject to change without notice.