

Menu Master

Bellflower Unified School District- Elementary

BREAKFAST



School Information:
Baxter, Washington, Pyle, Woodruff,
Ramona, Jefferson
Option: Cereal with String Cheese



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



Snack N' Waffle

Tuesday

Sausage Breakfast Sandwich

Wednesday

PB& Grape Uncrustable

Thursday

French Toast

Friday

Crumb Coffee Cake

Snack N' Waffle

Sausage Breakfast Sandwich

PB& Grape Uncrustable

French Toast

Crumb Coffee Cake

Snack N' Waffle

Sausage Breakfast Sandwich

PB& Grape Uncrustable

French Toast

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