

# BELLEVUE SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU OCTOBER 2015

**FRUIT AND VEGGIE OF THE  
MONTH:  
GRAPES  
SQUASH**

Mondays	Tuesday	Wednesday	Thursday	Friday	<i>Meal Prices And Offerings</i>
			<b>1</b> <b>Meatballs &amp; Marinara Sauce</b> With Whole Grain Penne Pasta Garlic Toast Medallion Vegetables Normandy	<b>2</b> <b>Korean Burger</b> With Korean BBQ Sauce & Swiss Cheese on Whole Grain Bun Baked Fries	<b>Lunch:</b> \$3.50 <b>Reduced Prices:</b> \$0.40 <b>Adult Prices:</b> <b>Lunch:</b> \$4.00 <b>Milk:</b> \$0.50
<b>5</b> <b>General Tso's Chicken Stir Fry</b> Brown Rice Local Stir Fry Veggies	<b>6</b> <i>Taste of Washington</i> <b>Roasted Chicken Drumsticks</b> With Roasted Local Baby Potatoes Whole Wheat Roll *Fresh Local Grapes	<b>7</b> <b>Express Lunch</b>	<b>8</b> <b>Lasagna Roll Ups</b> Garlic Toast Medallion Green Beans	<b>9</b> <b>No School!</b>	<b>Additional Daily Options:</b> -Chicken Caesar Salad -Hamburger or Cheeseburger -Grilled or Spicy Chicken Burger -BBQ Riblet (Wed Only)
<b>12</b> <b>Teriyaki Chicken Stir Fry</b> Brown Rice Local Stir Fry Veggies	<b>13</b> <b>Turkey Gravy</b> With Mashed Potatoes Whole Wheat Roll Green Beans	<b>14</b> <b>Express Lunch</b>	<b>15</b> <b>Chicken Alfredo</b> With Whole Grain Penne Pasta Garlic Toast Medallion Carrot Coins	<b>16</b> <b>Taco Salad Bowl</b> With Taco Meat, Cheddar Cheese, Shredded Lettuce in a Whole Grain Tortilla Shell Bowl Vegetarian Refried Beans	<b>Vegetarian Options:</b> - Veggie Burger - Greek Yogurt Lunch - Hummus Plate - Cheese or Veggie Pizza
<b>19</b> <b>Mandarin Orange Chicken Stir Fry</b> Brown Rice Local Stir Fry Veggies	<b>20</b> <b>Spicy Popcorn Chicken</b> With Mashed Potatoes & Gravy Whole Wheat Roll Steamed Broccoli	<b>21</b> <b>Express Lunch</b>	<b>22</b> <b>Chicken Parmesan</b> With Whole Grain Spaghetti Noodles Garlic Toast Medallion Steamed Broccoli	<b>23</b> <b>Deli Turkey Sub Sandwich</b> On a freshly baked whole grain Submarine Bun Seasoned Baked Fries	<b>Fresh Baked Pizzas:</b> -Choose from a variety daily  <b>Rice Bowls:</b> -Offered Tuesday and Thursdays
<b>26</b> <b>General Tso's Chicken Stir Fry</b> Brown Rice Local Stir Fry Veggies	<b>27</b> <b>Chicken Fried Steak</b> With Mashed Potatoes & Gravy Whole Wheat Roll Steamed Green Beans	<b>28</b> <b>Express Lunch</b>	<b>29</b> <b>Baja Fish Sticks</b> Whole Wheat Roll Baked Fries Creamy Coleslaw	<b>HALLOWEEN 30</b> <i>Celebration</i> <b>Spooky Spaghetti</b> With Whole Grain Spaghetti Garlic Toast Medallion Vegetables Normandy	



Menu is subject to change based on food availability. Please note that items that are vegetarian are not vegan. They may contain milk, milk products, or eggs. Whole wheat bread is used on all sandwiches and burgers.

**Lunches include a trip through our fresh salad bar featuring:**

Fresh Romaine Salad with Spinach, a variety of locally grown fresh vegetables and legumes. Washington grown apples. and a variety of fresh and canned fruit.

# BELLEVUE SCHOOL DISTRICT HIGH SCHOOL BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday	Meal Prices and Offerings
Yogurt Parfait with Fresh Fruit & Granola	Breakfast Croissant Sandwich	French Toast & Turkey Sausage  <i>Grab &amp; Go Schools Only: McBell Breakfast Sandwiches</i>	Breakfast Burrito	Whole Grain Pancakes & Sausage on a Stick	<b>Breakfast:</b> \$2.75 <b>Reduced Breakfast:</b> Free!
<b>Daily Breakfasts Choices:</b> Egg & Cheese McBell, Egg & Cheese with Ham McBell, Egg & Cheese with Turkey Sausage McBell, Yogurt & Muffin, Bagel with Cream Cheese & Jam, Banana or Zucchini Bread <b>Daily Breakfast Choices Include:</b> Milk, Canned Fruit, Orange Slices, Variety of Juice					<b>Adult Breakfast:</b> \$3.00  <b>Milk:</b> \$0.50



Our menus meet the guidelines of the USDA National School Lunch and Breakfast Program nutritional standards. Our menu and nutritional information can be found on the web at [www.bsd405.org](http://www.bsd405.org) and click on: About Us-Departments-Nutrition Services.

### **PayPams Information:**

- There is **NO CHARGE** for parents to sign their students up with PayPams in order to check student balances or view cafeteria purchases. You only need their name and birthday.
- There **WILL** be a \$1.95 charge for each payment transaction. You may add money (minimum \$10.00) to your student's meal account using your Visa (debit or credit), Master Card, or Discover.
- Log on to [www.paypams.com](http://www.paypams.com) to make an electronic payment
- If you choose not to use PAMS, we always accept payments by cash or check at the school.**
- Negative Balance phone calls will be made weekly by our automated phone system.*

**Questions? Please call Nutrition Services: (425) 456-4507**

### **Bellevue School District is Hiring!**

Are you looking for work with a flexible schedule? Full time or part time? Bellevue school district is looking to hire for educational and instructional assistants, para educators, as well as kitchen assistants for Nutrition Services. No prior experience needed! We will provide the training and resources for you. Please apply online at:

<http://www.bsd405.org/departments/hr/jobs/>

### **Let's Go Green!**

The new 2015-16 Free & Reduced Meal Application is now available Online in English & Spanish through the Bellevue School

District website at:

<https://mealapps.bsd405.org>