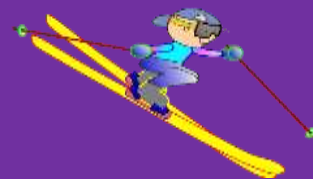


BELLEVUE SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU JANUARY, 2017

(REVISED 12-9-16)




Monday	Tuesday	Wednesday	Thursday	Friday	Meal Prices & Alternate Offerings
2 WINTER BREAK CONTINUES...	3 BBQ Pulled Pork Sandwich Soft Pretzel Bun Curly Fries & Coleslaw	4 EXPRESS LUNCH	5 Swedish Meatballs w/ Penne Pasta Green Peas Garlic Bread	6 Roasted Chicken Leg w/ Baby Potatoes Green Beans Whole Wheat Roll	Lunch: \$3.75 Reduced Price: \$.40 Milk only: \$.50 Adult: \$4.25
9 Chicken Pot Pie served in a Bread Bowl	10 Soft Taco Seasoned Turkey, Vegetarian Refried Beans, Cheddar Cheese w/ Salsa, Sour Cream & Jalapenos Whole Grain Tortilla	11 EXPRESS LUNCH	12 Philly Cheesesteak Sandwich w/ Seasoned Baked Fries	13 Popcorn Chicken w/ Mashed Potatoes & Gravy Whole Wheat Roll	<u>Daily Entrees</u> GRILL -Spicy Breaded Chicken Burger -Grilled Chicken Burger -Tillamook Cheese Burger -Hamburger -Fish Burger -Veggie Burger PIZZA -Buffalo Chicken -Pepperoni -Cheese -Hawaiian -Veggie
16 No School today <i>MLK Jr. Holiday</i>	17 Chicken Fajitas w/ Salsa, Sour Cream, & Jalapenos Whole Grain Tortilla	18 EXPRESS LUNCH	19 Bellevue Burger w/ Turkey Bacon & Cheddar Cheese Seasoned Baked Fries, Coleslaw	20 Five Cheese Lasagna w/ Garlic Bread Caesar Salad	COLD LINE -Grilled Chicken Caesar Salad -Caesar Salad -Hummus Plate -Low-fat Yogurt w/ Seasonal Sliced Breads
23 Teriyaki Chicken w/ Brown Rice Stir Fry Vegetables	24 Nachos Seasoned Turkey, Vegetarian Refried Beans & Cheese w/ Salsa, Sour Cream, & Jalapenos Whole Grain Tortilla Chips	25 EXPRESS LUNCH	26 Fish & Chips Baja Fish Sticks, Seasoned Baked Fries Whole Wheat Roll Coleslaw	27 EXPRESS LUNCH	
30 No School today	31 Mandarin Orange Chicken w/ Fried Brown Rice  Chinese New Year!	<i>Lunch includes a trip though our salad bar which features fresh cut greens, crunchy vegetables, legumes, fresh and canned fruit.</i>			<i>A variety of milk choices are available daily: 1% White, Nonfat Chocolate, Lactose Free and Ultra Soy Milk</i>

This institution is an equal opportunity provider.

HIGH SCHOOL BREAKFAST MENU

JANUARY, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Meal Prices
Vanilla Yogurt Parfait w/ Fruit & Granola Egg, Ham & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Whole Grain French Toast Sticks w/ Turkey Sausage Egg, Turkey Sausage & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Whole Grain Pancake & Turkey Sausage on a Stick Egg, Ham & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Breakfast Burrito Vanilla Yogurt Parfait w/ Fruit & Granola Egg, Turkey Sausage & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Mini  Banana Pancakes Egg & Cheese Croissant w/ Turkey Bacon	Breakfast: \$2.75 Reduced Price: FREE Milk only: \$.50 Adult: \$3.25

-Breakfast entrees available daily: Cinnamon Crumble Coffee Cake, Seasonal Sliced Breakfast Breads, Low-fat Yogurt w/ a Whole Grain Muffin and a Soft Whole Wheat Bagel with Cream Cheese and Jam.
 -Breakfast includes fresh and/or canned fruit, 100% fruit juice and your choice of milk!

(Nut)rition News:

School Menus go DIGITAL!

The Nutrition Services Department is pleased to bring new school meal menu options to families this school year. The My School Menus™ mobile app allows parents and students to access menus and nutrition information for the school meal program directly from their smart phones and tablets.

Parents can access this service by going to either the iTunes App Store or Google Play and downloading the My School Menus™ app to their smart device.

The digital menus allow you to:

- Translate the menu into over 75 languages.
- View nutritional information for menu item.
- Filter food choices for the top 8 allergens.
- Determine, using the "Build a Meal" feature, the overall nutritional value (calories, carbohydrates, etc.) of a meal to meet personal dietary needs.

How to Pay for Meals:

Nutrition Services uses PayPAMS for online payments for school meals.

Go to <https://paypams.com> for more information. There is a \$1.95 fee for each online transaction. You may also pay for meals by check or cash at your child's school.

The 2016-17 Application for Free or Reduced Priced Meals

is available online in English & Spanish

Visit: <https://mealapps.bsd405.org>

-Applications must be renewed annually!

-Families are responsible for the cost of meals served to students prior to an application being approved.



Bellevue School District is Hiring!

Are you looking for work with a flexible schedule? Full time or part time?

The 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/>

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