

BELLEVUE SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU

JANUARY, 2017

(REVISED 12-9-16)




Monday	Tuesday	Wednesday BRUNCH	Thursday	Friday	Meal Prices & Alternate Offerings	
2 WINTER BREAK CONTINUES...	3 BBQ Pulled Pork Sandwich Soft Pretzel Bun Curly Fries & Coleslaw	4 Hot "McBell" Sandwich Egg, Turkey Bacon & Cheese or Egg & Cheese on a Soft Whole Grain Bagel Golden Hash Brown	5 Swedish Meatballs w/ Penne Pasta Green Peas Garlic Bread	6 Roasted Chicken Leg w/ Baby Potatoes Green Beans Whole Wheat Roll	Lunch: \$3.50 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 Belgian Waffles w/ Sliced Strawberries & Whip Cream Turkey Sausage	12 Philly Cheesesteak Sandwich w/ Seasoned Baked Fries	13 Popcorn Chicken w/ Mashed Potatoes & Gravy Whole Wheat Roll	<u>Daily Entrees</u> <u>GRILL</u> -Spicy Breaded Chicken Burger -Tillamook Cheese Burger -Hamburger -Fish Burger -Veggie Burger -Bean & Cheese Burrito <u>PIZZA</u> -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 Hot Croissant Sandwich Egg, Turkey Bacon & Cheese or Egg & Cheese on a fluffy Whole Grain Croissant Golden Hash Brown	19 Bellevue Burger w/ Turkey Bacon & Cheddar Cheese Seasoned Baked Fries, Coleslaw	20 Five Cheese Lasagna w/ Garlic Bread Caesar Salad	<u>COLD LINE</u> -Grilled Chicken Caesar Salad -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 Dutch Waffle w/ Warm Cinnamon Apples Scrambled Eggs	26 Fish & Chips Baja Fish Sticks, Seasoned Baked Fries Whole Wheat Roll Coleslaw	27 Deli Turkey Sub Sandwich On Fresh Baked Sub Roll w/ Sun Chips Raisels! 		
30 No School today	31 Mandarin Orange Chicken w/ Fried Brown Rice  Chinese New Year!	<p><i>Lunch includes a trip though our salad bar which features fresh cut greens, crunchy vegetables, legumes, fresh and canned fruit.</i></p> <p><i>A variety of milk choices are available daily with meals; 1% White, Nonfat Chocolate, Lactose Free and Ultra Soy Milk</i></p>				

This institution is an equal opportunity provider.

MIDDLE 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	Hot Pizza Bagel Whole Grain Pancake & Turkey Sausage on a Stick	Breakfast Burrito Egg, Ham & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Mini  Banana Pancakes Egg, Turkey Sausage & Cheese Breakfast Bagel Egg & Cheese Breakfast Bagel	Breakfast: \$2.50 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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