

# Bellevue School District Middle School Lunch Menu

## AUGUST & SEPTEMBER 2017



**Meal Prices:** Lunch: \$3.50, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.25










Monday	Tuesday	Wednesday	Thursday	Friday
Non-meat entrées may contain cheese &/or egg Entrée contains pork	<b>Milk Options</b> (available daily, included in lunch): 1% White, Non-fat Chocolate, Lactose free, and Ultra Soy milk.		<b>8/31</b> Bellevue Burger Thick-cut Baked Fries	<b>9/1</b> Nachos w/ Seasoned Turkey, Cheese & Refried Beans
<b>4</b> <b>Labor Day</b> <b>School Closed</b>	<b>5</b> Mandarin Orange Chicken Broccoli Brown Rice	<b>6</b> Belgian Waffles w/ Mixed Berry Topping Turkey Sausage	<b>7</b> Fish Taco w/ Home-made Baja Cream Sauce	<b>8</b> <i>Seahawks Tailgate</i> All-Beef Hawk Dog Curly Fries Seahawks Frozen Treat
<b>11</b> Italian Meatballs Penne Pasta Garlic Bread	<b>12</b> Teriyaki Chicken Spicy Green Beans Brown rice	<b>13</b> NY-style Bagel SW: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg Roasted Yukon Potatoes	<b>14</b> <i>Harvest of the Month</i> Beef Bahn Mi w/ Home- made Veggie Pickles  <i>Plums/Pluots</i> on Salad Bar	<b>15</b> Chicken Fajitas w/ Bell Peppers & Onion WG Tortilla
<b>18</b> Chicken Alfredo Penne Pasta Dinner Roll	<b>19</b> Gen. Tso's Chicken Broccoli Brown Rice	<b>20</b> Early-Riser Burrito: Turkey Sausage, Egg & Cheese <u>or</u> Cheese & Egg Roasted Yukon Potatoes	<b>21</b> <i>End of Summer BBQ</i> Korean BBQ Burger Thick-cut Baked Fries Watermelon	<b>22</b> Five Cheese Lasagna Garlic Bread
<b>25</b> Swedish Meatballs Penne Pasta Garlic Bread	<b>26</b> Chili-Garlic Chicken Noodle Broccoli & Bell Peppers	<b>27</b> Croissant Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg Roasted Yukon Potatoes	<b>28</b> <i>Harvest of the Month</i> Taco Salad w/ Seasoned Turkey, Cheese & Refried Beans  <i>Nectarines</i> on Salad Bar	<b>29</b> Roasted Chicken Legs Potato au Gratin Green Beans Dinner Roll

**\*\*Lunch includes a trip though our salad bar which features salad greens, crunchy vegetables, legumes, fresh, canned and dried fruit.\*\***

**The 2017-18 Application for Free or Reduced Priced Meals** is available online in English, Spanish & Chinese.

**<https://mealapps.bsd405.org>** – Applications must be renewed annually!

## Alternative Lunch Choices: August-September 2017








	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizzeria</b>			Quattro Formaggi  (four cheese)		
	Meat Lovers' Heaven (pepperoni & sausage)	Buffalo Chicken	Meat Lovers' Heaven (pepperoni & sausage)	Buffalo Chicken	Hawaiian 
	Margherita 		Garden Delight 		
<b>Burgs &amp; Sammies</b> Served w/ Baked Fries			Spicy Chicken Burger		
			Cheeseburger		
			Veggie Burger 		
	Aloha Burger	Hamburger	Hamburger	Hamburger	Fish-melt Sandwich
<b>Grab'n Go</b>	Picnic Lunch (Low-fat Yogurt, Bagel w/ Cream Cheese & Honey-roasted Sunflower Seeds) 				
	Caesar Salad w/ Grilled Chicken & Herb Bread				
	Plant Power Pack Lunch (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 				
<b>Salad of the Month</b>	Fiesta Salad  w/ Cheese Cornbread		Fiesta Salad  w/ Cheese Cornbread		

*\*\*Lunch includes a trip though our salad bar which features salad greens, crunchy vegetables, legumes, fresh, canned and dried fruit.\*\**

## Middle School Breakfast Menu AUGUST & SEPTEMBER 2017

Breakfast Offered at Odle & Highland

**Meal Prices:** Breakfast: \$2.50, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon French Toast w/ Turkey Sausage	Breakfast Wrap Sandwich Egg, Ham & Cheese <u>or</u> Egg & Cheese 	Mini Maple Waffles 	Croissant Sandwich Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 	Breakfast Burrito
Breakfast Entrées Available DAILY: Yogurt Parfait, Whole Wheat Bagel w/ Cream Cheese & Jam  , Yogurt & Fruit Muffin  , Seasonal Sliced Breakfast Bread  , Cinnamon Crumble Coffee Cake 				
Breakfast includes fresh and/or canned fruit, 100% fruit juice, and your choice of milk				

- ❖ **Online Meal Payment Available using PayPAMS!** Visit <https://paypams.com> for more information. There's a \$1.95 fee for each online transaction. You may also pay for meals by check or cash at your child's school.
- ❖ **DIGITAL School Menus** – Nutrition and allergens/ingredients information at your fingertips. Download the App 'My School Menus™' or go to <http://www.healtheliving.net/instance/2043027/district/21>

THIS IS AN EQUAL OPPORTUNITY PROVIDER.