

Bellevue School District Elementary School Menu

JANUARY, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break Continues	2 Chicken Nuggets Potato Smiles Whole Wheat Roll	3 Deep-dish Pan Pizza – Turkey Pepperoni <u>or</u> Cheese Caesar Salad on Salad Bar	4 Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	5 Roasted Chicken Leg Mashed Potatoes & Gravy Biscuit
8 Chicken Alfredo <u>or</u> Vegetarian Alfredo Penne Pasta Whole Wheat Roll	9 Teriyaki Chicken Brown Rice Green Beans	10 Cheese-stuffed Breadsticks Marinara Dipping Sauce Caesar Salad on Salad Bar	11 Harvest of the Month “Brunch for Lunch” Dutch Waffle w/ Warm Cinnamon Apples Scrambled Eggs	12 Tillamook Cheeseburger Potato Smiles
15 MLK Jr. Holiday No School Today	16 Mandarin Orange Chicken Brown Rice Stir-fry Veggies	17 French Bread Cheese Pizza Caesar Salad on Salad Bar	18 Birthday Celebration Baja Fish Sticks Baked Thick-cut Fries Wheat Roll, Mini Krispie Trt Coleslaw on Salad Bar	19 Turkey Gravy Mashed Potatoes Peas & Carrots Whole Wheat Roll
22 Cheese Tortellini Steamed Broccoli Whole Wheat Roll	23 Teriyaki Beef Brown Rice Green Beans	24 Cheesy Garlic Rippers Marinara Dipping Sauce Caesar Salad on Salad Bar	25 “Brunch for Lunch” Belgian Waffles w/ Mixed Berries & Whipped Cream Topping, Turkey Sausage	26 Italian Meatball Sub Sandwich Baked Thick-cut Fries
29 No School Today	30 Chicken Nuggets Brown Rice Sweet & Sour Dipping Sauce	31 Deep Dish Pan Pizza – Hawaiian <u>or</u> Cheese Caesar Salad on Salad Bar	Meal Prices Lunch: \$3.25 Reduced Price K-3: FREE Reduced Price PK & 4-5: \$0.40 Label: Non-meat entrées may contain cheese &/or egg Milk ONLY: \$0.50 Adults: \$4.25	

Served Daily: Bean & Cheese Burrito , Breaded Chicken Burger, Hamburger, Veggie Burger , and Picnic Lunch (Whole Wheat Bagel w/ Cream Cheese, Low-fat Yogurt & String Cheese) **Tu. & Th. Entrée:** Grilled Chicken Caesar Salad

Milk Options (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Ultra Soy milk

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

Elementary School Breakfast Menu

JANUARY, 2018

Breakfast Offered at:
Ardmore, Enatai, Lake Hills, Newport Heights, Phantom Lake, Sherwood Forest, Stevenson, and Woodridge

Meal Prices: Breakfast: \$2.25, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25

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Mini Maple Waffles or Banana Pancakes	Breakfast Sandwich: Turkey Ham & Cheese on Hawaiian Bun	French Toast Sticks w/ Scrambled Eggs	WG Pancake-Wrapped Turkey Sausage Bites	Breakfast Pizza Bagel or Breakfast Burrito

Breakfast Entrées Available DAILY: Whole Wheat Bagel w/ Cream Cheese & Jam, Low-fat Yogurt & Fruit Muffin, and Assorted Whole Grain Cereals (Multigrain Cherrios, Rice Chex, Cinnamon Rice Chex, and Rice Krispies)
Breakfast includes fresh and/or canned fruit, 100% fruit juice, and milk (1% white & Lactose Free).

Nutrition News: 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/>

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!

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

How to Pay for Meals:

Nutrition Services uses **PayPAMS** for online payments.

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.

DIGITAL School Menus



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.

Download the app at iTunes App Store or Google Play.

The digital menus allow you to:

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