














# Bellevue School District Elementary School Menu

## APRIL, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Alfredo  <u>or</u> Vegetarian Alfredo Penne Pasta Whole Wheat Roll	<b>3</b> Mandarin Orange Chicken, Brown Rice, Stirfry Veg	<b>4</b>  Cheese-stuffed Breadsticks Marinara Dipping Sauce  Caesar Salad on Salad Bar	<b>5</b> <i>Brunch for Lunch</i> Dutch Waffle, Warm Cinnamon Apples, Scrambled Eggs	<b>6</b> <b>Chef's Choice</b>
<b>Bellevue Schools Closed for Spring Break</b>				
<b>16</b> Chicken Nuggets, Potato Smiles, Whole Wheat Roll	<b>17</b> Italian Meatballs  <u>or</u> Veg. Marinara, Penne Pasta, Garlic Bread	<b>18</b>  Cheesy Garlic Rippers Marinara Dipping Sauce  Caesar Salad on Salad Bar	<b>19</b> <i>Brunch for Lunch</i> Belgian Waffles  Mixed Berries & Whipped Cream Topping, Turkey Sausage	<b>20</b> <i>Celebrate Seattle Sounders!</i>  All-Beef Hot Dog, Thick-cut Baked Fries  Coleslaw on the Salad Bar
<b>23</b> Turkey & Gravy, Mashed Potatoes, Biscuit	<b>24</b> <i>Birthday Celebration</i>  Teriyaki Chicken, Brown Rice, Green Beans, WG Krispie Treats	<b>25</b>  Deep Dish Pan Pizza – Hawaiian w/ Turkey Ham <u>or</u> Cheese Caesar Salad on Salad Bar	<b>26</b>  Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	<b>27</b> Fish & Chips – Baja Fish Sticks, Thick-cut Baked Fries, Whole Wheat Roll Coleslaw on the Salad Bar
<b>30</b> Tillamook Cheeseburger Potato Smiles		<b>Label:</b>  Non-meat entrées may contain cheese &/or egg	<b>Meal Prices</b> Lunch: \$3.25 Reduced Price K-3: FREE Reduced Price PK & 4-5: \$0.40	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:** 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

## APRIL, 2018

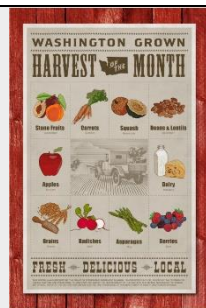
Breakfast Offered at:  
Ardmore, Enatai, Lake Hills, Newport Heights, Phantom Lake, Sherwood Forest, Stevenson, and Woodridge

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

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Maple Waffles  Or Mini Banana Pancake	Turkey Ham & Cheese SW on a Hawaiian Bun	French Toast Sticks  w/ Scrambled Eggs	Egg & Cheese SW  on a Whole Grain Bun	Buttermilk Pancake  w/ Mixed Berry Topping

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, and milk (1% white & Lactose Free).

## Nutrition News:



**Washington Grown Harvest of the Month:** Bellevue SD Nutrition Services participates in the Harvest of the Month program developed by the Seattle Public Schools Nutrition Services & Health Education departments and Public Health – Seattle & King County. Through this program, the Nutrition Services highlights local produce, whole grains and dairy on a monthly basis in all school cafeterias in the district. **April feature is Radishes!** Radishes are good source of Vitamin C that helps your body heal cuts and wounds. It supports your body’s defense system called “immune system”. Spring radishes are easy and fast to grow. Radishes belong to a group (genus) called “Raphanus,” Greek word for ‘quickly appearing’ – the name well captures the fact that radishes take about 3 weeks from germination to harvest.

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.



The **2017-18 Application for Free or Reduced Priced Meals** is available online in English, Spanish & Chinese. <https://mealapps.bsd405.org>

*Application must be renewed each year. 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.