








# Bellevue School District High School Lunch Menu

## APRIL, 2018



**Meal Prices:** Lunch: \$3.75, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.25

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Parmesan, Penne Pasta, Veg. Marinara Sauce  , Garlic Bread	<b>3</b> Gen. Tso's Chicken, Brown Rice, Steamed Broccoli	<b>4</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>5</b> BBQ Pulled Pork Sandwich on Pretzel Roll  , Thick-cut Baked Fries Coleslaw on the Salad Bar	<b>6</b> <b>Chef's Choice</b>
<b>Bellevue Schools Closed for Spring Break</b>				
<b>16</b> Swedish Meatballs, Penne Pasta, Garlic Bread	<b>17</b> Mandarin Orange Chicken Brown Rice Steamed Broccoli	<b>18</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>19</b> Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar	<b>20</b> Soft Taco w/ Seasoned Beef, Veg. Refried Beans, &/or Cheese
<b>23</b> Chicken Alfredo <u>or</u> Vegetarian Alfredo  , Penne Pasta, Whole Wheat Roll	<b>24</b> Philly Cheesesteak Sandwich, Thick-cut Baked Fries	<b>25</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>26 <i>Brunch for Lunch</i></b> Dutch Waffle, Warm Cinnamon Apples, Scrambled Eggs	<b>27</b> Turkey & Gravy, Mashed Potatoes, Green Beans, Whole Wheat Roll
<b>30</b> Italian Meatballs <u>or</u> Vegetarian Marinara  , Penne Pasta, Garlic Bread		<b>Milk Options</b> (available daily, included with lunch): <ul style="list-style-type: none"> <li>• 1% White</li> <li>• Non-fat White</li> <li>• Non-fat Chocolate</li> <li>• Lactose Free</li> <li>• Ultra Soy Milk</li> </ul>		<b>Label</b> <ul style="list-style-type: none"> <li> Non-meat entrées may contain cheese &amp;/or egg;</li> <li> Vegan entrées;</li> <li> Entrée contains pork</li> </ul>

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

## Daily Lunch Options: APRIL, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Pizzeria	Offered Daily: <b>Quattro Formaggi</b> (four cheese) 🌿				
	Offered Daily: <b>Pepperoni</b> (beef & turkey)				
	Offered Daily: <b>Pizza Specialty</b> - May include: Buffalo Chicken, Garden Delight 🌿, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage 🍕), Margherita 🌿				
Burgs & Sammies	Offered Daily: Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger 🌿 Served w/ Baked Fries (SunChips on Wednesdays)				
Grab'n Go	Picnic Lunch (Low-fat Yogurt, Bagel w/ Cream Cheese & Honey-roasted Sunflower Seeds) 🌿				
	Caesar Salad w/ Grilled Chicken & Herb Bread				
	Hummus Plate (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 🌿				
Special of the Month	Asian Chicken Salad w/ Sesame Ginger Dressing		Asian Chicken Salad w/ Sesame Ginger Dressing		

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

High School Breakfast Menu APRIL, 2018			Breakfast Offered at Bellevue, Interlake, Newport & Sammamish		
<b>Meal Prices:</b> Breakfast: \$2.75, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25					
Monday	Tuesday	Wednesday	Thursday	Friday	
Bagel Sandwich: Egg, Turkey Sausage & Cheese <u>or</u> Egg & Cheese 🌿	Croissant Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 🌿	French Toast 🌿 w/ Turkey Sausage Bagel Sandwiches	Croissant Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 🌿	Bagel Sandwich: Egg, Turkey Sausage & Cheese <u>or</u> Egg & Cheese 🌿	
Breakfast Entrées Available DAILY: Yogurt Parfait 🌿, Whole Wheat Bagel w/ Cream Cheese & Jam 🌿, Seasonal Sliced Breakfast Bread 🌿, and Cinnamon Crumble Coffee Cake 🌿. Breakfast includes fresh and/or canned fruit, and your choice of milk.					

## Nutrition News:

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.



**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.