










Bellevue School District Middle School Lunch Menu

APRIL, 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Parmesan, Penne Pasta, Marinara Sauce  , Garlic Bread	3 Gen. Tso's Chicken Brown Rice Steamed Broccoli	4 Belgian Waffles  w/ Mixed Berry, Whipped Cream Topping, Turkey Sausages	5 BBQ Pulled Pork Sandwich on Pretzel Roll  , Thick-cut Baked Fries Coleslaw on the Salad Bar	6 Chef's Choice
9	10	11	12	13
Bellevue Schools Closed for Spring Break				
16 Swedish Meatballs, Penne Pasta, Garlic Bread	17 Mandarin Orange Chicken Brown Rice Steamed Broccoli	18 Biscuit & Gravy w/ Scrambled Eggs &/or Turkey Sausage, Hashbrown	19 Turkey Deli Sandwich on a Fresh Baked Roll, Served w/ SunChips	20 Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar
23 Chicken Alfredo <u>or</u> Vegetarian Alfredo  , Penne Pasta, Whole Wheat Roll	24 Philly Cheesesteak Sandwich Thick-cut Baked Fries	25 Croissant Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg  , Hashbrown	26 Soft Taco w/ Seasoned Beef, Veg. Refried Beans, &/or Cheese	27 Turkey & Gravy, Mashed Potatoes, Green Beans, Whole Wheat Roll
30 Italian Meatballs <u>or</u> Vegetarian Marinara  , Penne Pasta, Garlic Bread		Milk Options (available daily, included with lunch): <ul style="list-style-type: none"> • 1% White • Non-fat White • Non-fat Chocolate • Lactose Free • Ultra Soy Milk 		Label  Non-meat entrées may contain cheese &/or egg;  Vegan entrées;  Entrée contains pork

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

Alternative lunch choices & breakfast menu on the back page.

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

Daily Lunch Options: APRIL, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Pizzeria	Offered Daily: Quattro Formaggi (four cheese) 🌿				
	Offered Daily: Pepperoni				
	Offered Daily: Pizza Specialty - May include: Buffalo Chicken, Garden Delight 🌿, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌿				
Burgs & Sammies	Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger 🌿 Served w/ Baked Fries				
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		

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Middle School Breakfast Menu APRIL, 2018	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
French Toast 🌿 w/ Turkey Sausage	Biscuit Sandwich: Egg, Ham & Cheese 🍕 or Egg & Cheese 🌿	Buttermilk Pancake w/ Mixed Berry Topping	Croissant Sandwich: Egg, Turkey Bacon & Cheese or Egg & Cheese 🌿	Bagel Sandwich: Egg, Turkey Sausage & Cheese or Egg & Cheese 🌿
Breakfast Entrées Available DAILY: Yogurt Parfait 🌿, Whole Wheat Bagel w/ Cream Cheese & Jam 🌿, Seasonal Sliced Breakfast Bread 🌿, 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.