

Bellevue School District Elementary School Menu MAY, 2018



Meal Prices: Lunch: \$3.25, Reduced Price K-3: FREE, Reduced Price PK & 4-5: \$0.40, Milk ONLY: \$0.50, Adults: \$4.25

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Harvest of the Month Mandarin Orange Chicken, Brown Rice, <i>Roasted Local Asparagus</i> <i>on the Salad Bar</i>	2 Cheesy Garlic Rippers Marinara Dipping Sauce Caesar Salad on Salad Bar	3 Brunch for Lunch Dutch Waffle, Warm Cinnamon Apples, Scrambled Eggs	4 Cinco de Mayo Special! Taco Salad – Lettuce, Seasoned Beef, Veg. Refried Beans &/or Cheese w/ Corn Tortilla Chips, Churro Beans & Corn Salsa on the Salad Bar
7 Chicken Alfredo <u>or</u> Vegetarian Alfredo Penne Pasta Whole Wheat Roll	8 Teriyaki Chicken, Brown Rice, Steamed Green Beans	9 French Bread Cheese Pizza Caesar Salad on Salad Bar	10 Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	11 Celebrate Seattle Sounders! All-Beef Hot Dog, Thick-cut Baked Fries Coleslaw on the Salad Bar
14 Italian Meatballs <u>or</u> Veg. Marinara Penne Pasta, Garlic Bread	15 'Ono Chow Mein Noodles with Chicken & Veggies	16 Cheese-stuffed Breadsticks, Marinara Dipping Sauce Caesar Salad on Salad Bar	17 Brunch for Lunch Belgian Waffles Mixed Berries & Whipped Cream Topping, Turkey Sausage	18 Birthday Celebration 'Catch of the Day' Alaska Pollock Cheese-Melt Sandwich, Potato Smiles, WG Krispie Treats
21 Roasted Chicken Leg, Mashed Potatoes & Gravy, Biscuit	22 Harvest of the Month Teriyaki Beef, Brown Rice, <i>Roasted Local Asparagus</i> <i>on the Salad Bar</i>	23 Deep Dish Pan Pizza – Turkey Pepperoni <u>or</u> Cheese Caesar Salad on Salad Bar	24 Fish & Chips – Baja Fish Sticks, Thick-cut Baked Fries, Whole Wheat Roll Coleslaw on the Salad Bar	25 Chef's Choice
28 Memorial Day Holiday No School Today	29 Mandarin Orange Chicken, Brown Rice, Steamed Stir-fry Veggies	30 Cheesy Garlic Rippers Marinara Dipping Sauce Caesar Salad on Salad Bar	31 Brunch for Lunch Dutch Waffle, Warm Cinnamon Apples, Turkey Sausages	Label: Non-meat entrees may contain cheese &/or egg Vegan entrées;

Served Daily: Bean & Cheese Burrito , Breaded Chicken Burger, Hamburger, Veggie Burger , and Picnic Lunch (Whole Wheat Bagel w/
 Cream Cheese, Low-fat Yogurt &/or 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

MAY, 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

Served Daily: Whole Wheat Bagel  w/ Cream Cheese & Jam, and Kid's Choice – Select 1-2 items from Low-fat Yogurt, WG Fruit Muffins , and Assorted Whole Grain Cereals  (Multigrain Cherrios, Rice Chex, Cinnamon Rice Chex, and Rice Krispies). ****Breakfast includes fresh, dried, and/or canned fruit, and your choice of milk (1% White, Lactose Free and Soymilk).****

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. **May feature is Asparagus!** Washington State is #2 in the asparagus production among the states after Michigan. Did you know that asparagus spears can grow 10 inches in a 24-hour period under ideal conditions? That's as long as an adult foot! Asparagus is an excellent source of folate, a B-vitamin essential in making red blood cells and other proteins in your body. In a ½ cup serving, asparagus has the highest folate content of all vegetables. [source: Washington State Department of Agriculture]

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.