





Bellevue School District High School Lunch Menu MAY, 2018

WA-grown Harvest of the Month
ASPARAGUS



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Harvest of the Month Gen. Tso's Chicken, Brown Rice, Steamed Broccoli <i>Roasted Local Asparagus on the Salad Bar</i>	2 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	3 BBQ Pulled Pork Sandwich on Pretzel Roll 🐷, Thick-cut Baked Fries Coleslaw on the Salad Bar	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 Parmesan, Penne Pasta, Marinara Sauce 🥬, Garlic Bread	8 'Ono Chow Mein Noodles with BBQ Beef & Broccoli	9 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	10 Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar	11 Fajita Chicken, Bell Peppers & Onion, &/or Cheese, WG Flour Tortilla
14 Swedish Meatballs, Penne Pasta, Garlic Bread	15 Harvest of the Month Mandarin Orange Chicken, Brown Rice, Steamed Broccoli <i>Roasted Local Asparagus on the Salad Bar</i>	16 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	17 BATTER UP! "Mariners" Dog, Twister Fries Coleslaw on the Salad Bar	18 Soft Taco – Seasoned Beef, Veg. Refried Beans, &/or Cheese, WG Flour Tortilla
21 Chicken Alfredo <u>or</u> Vegetarian Alfredo 🥬, Penne Pasta, Whole Wheat Roll	22 Philly Cheesesteak Sandwich, Thick-cut Baked Fries	23 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	24 Brunch for Lunch Dutch Waffle, Warm Cinnamon Apples, Scrambled Eggs	25 Chef's Choice
28 Memorial Day Holiday No School Today	29 Gen. Tso's Chicken Brown Rice Steamed Broccoli	30 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	31 BBQ Pulled Pork Sandwich on Pretzel Roll 🐷, Thick-cut Baked Fries Coleslaw on the Salad Bar	Label  Non-meat entrées may contain cheese &/ or;  Vegan entrées;  Entrée contains pork

Milk Options (available daily, included with lunch): 1% White, Fat Free White, Fat Free Chocolate, Lactose Free, Ultra Soy

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

Daily Lunch Options: MAY, 2018

Pizzeria	Quattro Formaggi (four cheese) 🌱, Pepperoni , and Pizza Specialty* *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 Thick-cut Fries
Grab'n Go	Yogurt Lunch (Low-fat Yogurt 🌱, Whole Wheat Bagel 🌱 w/ Cream Cheese & Honey-roasted Sunflower Seeds 🌱)
	Chicken Caesar Salad w/ Herb Bread, Vegetarian Caesar Salad w/ Herb Bread
	Hummus Plate (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds)
	<i>Tue & Thu Only: Asian Chicken Salad w/ Sesame Ginger Dressing</i>

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High School Breakfast Menu MAY, 2018		Breakfast Offered at Bellevue, Interlake, Newport & Sammamish		
Meal Prices: 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 🌱 &/or Jam 🌱, Seasonal Sliced Breakfast Bread 🌱, Cinnamon Crumble Coffee Cake 🌱. **Breakfast includes fresh, dried and/or canned fruit, and your choice of milk**				

Nutrition News:



Washington Grown Harvest of the Month – 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; Fresh Fruit & Veggies More Matters]

The **My School Menus™** mobile app allows you to access menus and nutrition information directly from their smart phones and tablets.

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.