

Bellevue School District Middle School Lunch Menu MAY, 2018

WA-grown Harvest of the Month
ASPARAGUS

Meal Prices: Lunch: \$3.50, 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 Dutch Waffle  , Warm Cinnamon Apples, Scrambled Eggs	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 NY-style Bagel Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg Hashbrown	10 Turkey Deli Sandwich on a Fresh Baked Roll, Served w/ SunChips	11 Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar
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 Biscuit & Gravy, Turkey Sausage, Hashbrown	17 BATTER UP! "Mariners" Dog, Twister Fries Coleslaw on the Salad Bar	18 Fajita Chicken, Bell Peppers & Onion, &/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 Belgian Waffles, Mixed Berry & Whipped Cream Topping, Turkey Sausages	24 Soft Taco w/ Seasoned Beef, Veg. Refried Beans, &/or Cheese	25 Chef's Choice
28 Memorial Day Holiday No School Today	29 Gen. Tso's Chicken Brown Rice Steamed Broccoli	30 Croissant Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg  , Hashbrown	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.

Alternative lunch choices & breakfast menu on the back page.

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

Daily Lunch Options: MAY, 2018

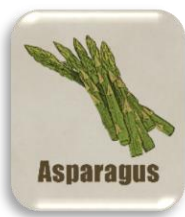
Pizzeria	Quattro Formaggi (four cheese) 🌿, Pepperoni , and Pizza Specialty* *Pizza Specialty may include: Buffalo Chicken, Garden Delight 🌿, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌿
Burgs & Sammies	Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger 🌿 - 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>

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

Middle School Breakfast Menu MAY, 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 🌿 &/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.