

# 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
	<b>1 Harvest of the Month</b> Gen. Tso's Chicken Brown Rice Steamed Broccoli <i>Roasted Local Asparagus on the Salad Bar</i>	<b>2</b> Dutch Waffle  , Warm Cinnamon Apples, Scrambled Eggs	<b>3</b> BBQ Pulled Pork Sandwich on Pretzel Roll  , Thick-cut Baked Fries  Coleslaw on the Salad Bar	<b>4 Cinco de Mayo Special!</b>  Taco Salad – Lettuce, Seasoned Beef, Veg. Refried Beans &/or Cheese w/ Corn Tortilla Chips, Churro  Beans & Corn Salsa on the Salad Bar
<b>7</b> Chicken Parmesan, Penne Pasta, Marinara Sauce  , Garlic Bread	<b>8</b> 'Ono Chow Mein Noodles with BBQ Beef & Broccoli	<b>9</b> NY-style Bagel Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg Hashbrown	<b>10</b> Turkey Deli Sandwich on a Fresh Baked Roll, Served w/ SunChips	<b>11</b> Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar
<b>14</b> Swedish Meatballs, Penne Pasta, Garlic Bread	<b>15 Harvest of the Month</b> Mandarin Orange Chicken Brown Rice Steamed Broccoli <i>Roasted Local Asparagus on the Salad Bar</i>	<b>16</b> Biscuit & Gravy, Turkey Sausage, Hashbrown	<b>17</b> BATTER UP! “Mariners” Dog, Twister Fries  Coleslaw on the Salad Bar	<b>18</b> Fajita Chicken, Bell Peppers & Onion, &/or Cheese, WG Flour Tortilla
<b>21</b> Chicken Alfredo <u>or</u> Vegetarian Alfredo  , Penne Pasta, Whole Wheat Roll	<b>22</b> Philly Cheesesteak Sandwich Thick-cut Baked Fries	<b>23</b> Belgian Waffles, Mixed Berry & Whipped Cream Topping, Turkey Sausages	<b>24</b> Soft Taco w/ Seasoned Beef, Veg. Refried Beans, &/or Cheese	<b>25</b> <b>Chef's Choice</b>
<b>28</b> <b>Memorial Day Holiday</b> <b>No School Today</b>	<b>29</b> Gen. Tso's Chicken Brown Rice Steamed Broccoli	<b>30</b> Croissant Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg  , Hashbrown	<b>31</b> BBQ Pulled Pork Sandwich on Pretzel Roll  , Thick-cut Baked Fries Coleslaw on the Salad Bar	<b>Label</b>  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

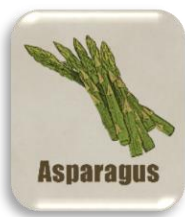
<b>Pizzeria</b>	<b>Quattro Formaggi</b> (four cheese) 🌱, <b>Pepperoni</b> , and <b>Pizza Specialty*</b> *Pizza Specialty may include: Buffalo Chicken, Garden Delight 🌱, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌱
<b>Burgs &amp; Sammies</b>	<b>Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger</b> 🌱 - Served w/ Baked Thick-cut Fries
<b>Grab'n Go</b>	<b>Yogurt Lunch</b> (Low-fat Yogurt 🌱, Whole Wheat Bagel 🌱 w/ Cream Cheese & Honey-roasted Sunflower Seeds 🌱)
	<b>Chicken Caesar Salad</b> w/ Herb Bread, <b>Vegetarian Caesar Salad</b> w/ Herb Bread 🌱
	<b>Hummus Plate</b> (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 🌱 <i>Tue &amp; 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.\*\**

<b>Middle School Breakfast Menu MAY, 2018</b>	Breakfast Offered at <b>Odle &amp; Highland</b>
<b>Meal Prices:</b> 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 🌱. <b>**Breakfast includes fresh, dried and/or canned fruit, and your choice of milk**</b>				

## 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.*