

# Bellevue School District Elementary School Menu

## JUNE, 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
<b>Milk Options:</b> <ul style="list-style-type: none"> <li>• 1% White</li> <li>• Non-fat Chocolate</li> <li>• Lactose free</li> <li>• Ultra Soy milk</li> </ul> <small>Available daily, included with lunch</small>	<b>Entrées Served Daily:</b> <ul style="list-style-type: none"> <li>• Bean &amp; Cheese Burrito </li> <li>• Breaded Chicken Burger</li> <li>• Hamburger</li> <li>• Veggie Burger </li> </ul>	<ul style="list-style-type: none"> <li>• Picnic Lunch </li> </ul> (Whole Wheat Bagel  w/ Cream Cheese, Low-fat Yogurt &/or String Cheese) <b>Tu &amp; Th Entrée:</b> Chicken Caesar Salad	<b>Label:</b> Non-meat entrees may contain cheese &/or egg Vegan item	<b>1</b> Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese
<b>4</b> Tillamook Cheeseburger, Potato Smiles, Whole Wheat Roll	<b>5</b> Teriyaki Chicken, Brown Rice, Steamed Green Beans	<b>6</b> French Bread Cheese Pizza  Caesar Salad on Salad Bar	<b>7 Brunch for Lunch</b> Belgian Waffle w/ Mixed Berries & Whipped Cream Topping, Turkey Sausage	<b>8 Celebrate Seattle Sounders!</b> All-Beef Hot Dog, Thick-cut Baked Fries Coleslaw on the Salad Bar
<b>11</b> Italian Meatballs <u>or</u> Veg. Marinara , Penne Pasta, Garlic Bread	<b>12</b> 'Ono Chow Mein Noodles with Chicken & Veggies	<b>13</b> Cheesy Garlic Rippers Marinara Dipping Sauce  Caesar Salad on Salad Bar	<b>14</b> <b>Chef's Choice</b>	<b>15</b> <b>Chef's Choice</b>
<b>18</b> Fish & Chips – Baja Fish Sticks, Thick-cut Baked Fries, Whole Wheat Roll Coleslaw on the Salad Bar	<b>19</b> Mandarin Orange Chicken, Brown Rice, Steamed Stir-fry Veggies	<b>20</b> <b>Chef's Choice</b>	<b>21</b> <b>Chef's Choice</b>	<b>22</b> <b>No Lunch Today</b> <b>Last Day of School</b>
<b>25 / 30</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Bellevue Schools Closed for Summer</b>				

\\(^-^)/~ **FUEL UP for SUMMER! Get FREE Meals for Kids & Teens** ~\\(^o^)/

📍 Find summer meal sites near you by entering your zip code. Visit **USDA Summer Meals Finder:** [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks).

📍 **USDA Summer Meals Hotline** provides assistance to find the location, meal times, etc. **Call 1-866-348-6479.**

The resources are available in English and Spanish.

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





THIS IS AN EQUAL OPPORTUNITY PROVIDER.




# Elementary School Breakfast Menu

## JUNE, 2018

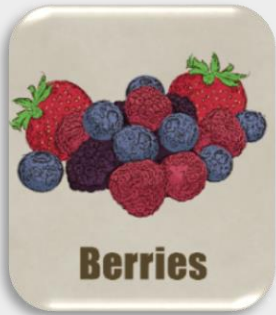
Breakfast Offered at:  
Ardmore, Enatai, Lake Hills, Newport Heights, Phantom Lake, Sherwood Forest, Stevenson, and Woodridge

**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 <b>6/22 No Breakfast</b>

**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:



### WA-Grown Harvest of the Month – Featuring Berries on the Salad Bar!

Fresh berries are a well-anticipated sign of summer. In Washington State, fresh berries are usually available June through August. Berries are a good source of Vitamin C, and rich in phytochemicals, or antioxidants that promote immunity among other health-promoting functions in the body.

- ✕ Blueberries are native to North America, and the United States is the world's largest producer of blueberries. Blueberries have been around for more than 13,000 years.
- ✕ Did you know that strawberries are the only fruit with seeds on the outside? The average strawberry has 200 seeds. Western Washington has a long history as a strawberry growing region, historically for the processing market.

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.