



Bellevue School District High School Lunch Menu

JUNE, 2018

WA-grown Harvest of the Month
BERRIES

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

Monday	Tuesday	Wednesday	Thursday	Friday
Label  Non-meat entrées may contain cheese &/ or;  Vegan entrées;  Entrée contains pork	Milk Options: <ul style="list-style-type: none"> • 1% White • Non-fat Chocolate • Lactose free • Ultra Soy milk Available daily, included with lunch			1 Nacho – Seasoned Beef, &/or Veg. Refried Beans, Cheese Sauce WG Tortilla Chips
4 Italian Meatballs, Penne Pasta, Garlic Bread	5 'Ono Chow Mein Noodles with Beef & Broccoli	6 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	7 <i>Brunch for Lunch</i> Dutch Waffle, Cinnamon Apples, Scrambled Eggs	8 Fajita Chicken, Bell Peppers & Onion, &/or Cheese, WG Flour Tortilla
11 Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar	12 Mandarin Orange Chicken, Brown Rice, Steamed Broccoli	13 EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	14 Chef's Choice	15 Chef's Choice
18 Chef's Choice	19 Chef's Choice	20 Chef's Choice	21 Chef's Choice	22 No Lunch Today Last Day of School
25 / 30	26	27	28	29
Bellevue Schools Closed for Summer				

\\(^-^)/~ **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.

📍 **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.

Alternative lunch choices & breakfast menu on the back page.

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

Daily Lunch Options: June, 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 (SunChips on Wednesdays)
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)

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High School Breakfast Menu June, 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:



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.
- ✂ 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 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.