

# 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
<b>Label</b>  Non-meat entrées may contain cheese &/ or;  Vegan entrées;  Entrée contains pork	<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> Available daily, included with lunch			<b>1</b> Nacho – Seasoned Beef, &/or Veg. Refried Beans, Cheese Sauce WG Tortilla Chips
<b>4</b> Italian Meatballs, Penne Pasta, Garlic Bread	<b>5</b> 'Ono Chow Mein Noodles with Beef & Broccoli	<b>6</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>7 <i>Brunch for Lunch</i></b> Dutch Waffle, Cinnamon Apples, Scrambled Eggs	<b>8</b> Fajita Chicken, Bell Peppers & Onion, &/or Cheese, WG Flour Tortilla
<b>11</b> Fish & Chips – Fish Sticks & Baked Fries w/ Tartar Sauce, Lemon, Wheat Roll Coleslaw on the Salad Bar	<b>12</b> Mandarin Orange Chicken, Brown Rice, Steamed Broccoli	<b>13</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>14</b> <b>Chef's Choice</b>	<b>15</b> <b>Chef's Choice</b>
<b>18</b> <b>Chef's Choice</b>	<b>19</b> <b>Chef's Choice</b>	<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>
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](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.\*\**

*Alternative lunch choices & breakfast menu on the back page.*

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

## Daily Lunch Options: June, 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 (SunChips on Wednesdays)
<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 w/ Herb Bread, Vegetarian Caesar Salad w/ Herb Bread</b>
	<b>Hummus Plate</b> (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds)

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

<b>High School Breakfast Menu June, 2018</b>	Breakfast Offered at <b>Bellevue, Interlake, Newport &amp; Sammamish</b>
<b>Meal Prices:</b> 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.