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OCTOBER 2018



Meal Prices: Lunch: \$3.25, Reduced Price K-3: FREE, Reduced Price PK & 4-5: \$0.40, Milk ONLY: \$0.50, Adults: \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Beef Dippers, Brown Rice, Steamed Green Beans	2 Chicken Alfredo <u>or</u> Vegetarian Alfredo  , Penne Pasta, Wheat Roll	3 Cheesy Garlic Rippers,  Marinara Dipping Sauce Caesar Salad on the Salad Bar	4 Taste Washington Day Three-Bean Chili-stuffed Baked Potato  , Scallion, Cheese, Cornbread  <i>Featuring WA-grown Russet Potatoes, Beans and Scallion, plus a variety of WA- grown produce on the Salad Bar</i>	5 Seahawks Tailgate All-Beef Hawk Dog, Thick-cut Baked Fries, Blue Pride Frozen Treat Coleslaw on the Salad Bar
8 Breaded Chicken Tenders, Belated "World Smile Day" Potato Smiles  , Wheat Roll	9 Italian Meatballs <u>or</u> Vegetarian Marinara  , Penne Pasta, Garlic Bread	10 Pan Pizza – Cheese  <u>or</u> Turkey Pepperoni Caesar Salad on the Salad Bar	11 Turkey & Gravy, Mashed Potatoes, Biscuit	12 No School Today
15 Nat'l School Lunch Week Teriyaki Chicken, Brown Rice, Steamed Green Beans	16 Nat'l School Lunch Week Macaroni & Cheese,  Steamed Broccoli, Wheat Roll	17 Nat'l School Lunch Week Cheese Stuffed  Breadsticks, Marinara Dipping Sauce Caesar Salad on the Salad Bar	18 Nat'l School Lunch Week Soft Taco: Seasoned Beef &/or Vegetarian Refried Beans  , Cheese  , Flour Tortilla 	19 Nat'l School Lunch Week Belgian Waffles  , w/ Mixed Berries  , &/or Whipped Cream Topping  Turkey Sausages
22 Birthday Celebration Mandarin Orange Chicken, Brown Rice, Steamed Stir-fry Veggies, Birthday Mini Krispie Treat	23  Five Cheese Lasagna, Garlic Bread	24  French Bread Cheese Pizza Caesar Salad on the Salad Bar	25 Fish & Chips: Baja Fish Sticks, Thick-cut Baked Fries, Wheat Roll Coleslaw on the Salad Bar	26 Brunch for Lunch Dutch Waffle  , w/ Home-made Cinnamon Apple Topping  , Turkey Sausages
29 Teriyaki Beef Dippers, Brown Rice, Steamed Green Beans	30 Halloween Special Spooky Spaghetti & Meatballs, Garlic Bread	31  Cheesy Garlic Rippers, Marinara Dipping Sauce Caesar Salad on the Salad Bar	Milk Options (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Soy milk	Manu Label:  Non-meat entrees may contain cheese &/or egg;  Vegan item

Served Daily: Bean & Cheese Burrito , Breaded Chicken Burger, Hamburger, Veggie Burger , and Picnic Lunch  (Whole Wheat Bagel  w/
 Cream Cheese, Low-fat Yogurt & String Cheese) **Tu. & Th. Entrée:** Chicken Caesar Salad w/ Whole Wheat Roll

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

Elementary School Breakfast Menu

OCTOBER 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
French Toast Sticks 🌱	Maple Pancake-Wrapped Turkey Sausage	Vanilla Yogurt Parfait w/ Nut-free Granola 🌱	Ciabatta Bread Cheese Toast <u>or</u> Turkey Sausage, Egg & Cheese Breakfast Burrito 🌱	Turkey Ham & Cheese Sandwich on a Hawaiian Bun
<p>Served Daily: Whole Wheat Bagel 🍞 w/ Cream Cheese 🧀 & Jam, and <i>Kid's Choice</i> – 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 🥛). **</p>				

Nutrition News: *Celebrating Nat'l School Lunch Week, Oct 15-19. #Lots2Love • #NSLW18 ~ Share Your Love for School Lunch ~*

IMPORTANT REMINDER! Families must reapply for school meal benefits each year. If your student qualified for meal benefits last year, your prior year eligibility is extended only for the first 30 school days. After 30 days (**October 11, 2018**), school meals will “rollover” to full price if a new application has not been processed to re-establish eligibility. DO NOT DELAY. The 2018-19 Application for Free or Reduced Priced Meals is available online in 6 languages (English, Spanish, Chinese, Korean, Russian and Japanese) at https://freeandreducedmeals.com/lfserver/Bellevue_FRA

WA-Grown Harvest of the Month – Featuring Carrots!

- ✂ Carrots were first cultivated in Afghanistan over 2,000 years ago.
- ✂ The orange color of carrots is due to the presence of β -carotene. Our bodies turn β -carotene into Vitamin A, which helps our eyes, bones, teeth, and skin stay healthy.
- ✂ Did you know that a baby carrot is not exactly a baby? Baby carrots come from a large carrot that has been rolled over blades and rubbed down to a short, round-ended ‘baby’ carrot.



Source: Washington-Grown Food Kit, Washington State Department of Agriculture

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.



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.