









# Bellevue School District Middle School Lunch Menu OCTOBER 2018



**WA-Grown Harvest of the Month  
CARROTS**

**Meal Prices:** Lunch: \$3.50, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Mandarin Orange Chicken, Brown Rice, Spicy Green Beans	<b>2</b> Swedish Meatballs, Penne Pasta, Garlic Bread	<b>3</b> Dutch Waffle w/ Home- made Cinnamon Apple Topping, Turkey Sausages	<b>4 Taste Washington Day</b> 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>	<b>5 Seahawks Tailgate</b> All-Beef Hawk Dog, Baked Twister Fries, Blue Pride Frozen Treat Coleslaw on the Salad Bar
<b>8</b> Fish & Chips: Fish Sticks, Thick-cut Baked Fries, Wheat Roll Coleslaw on the Salad Bar	<b>9</b> Chicken Alfredo, Spaghetti, Wheat Roll	<b>10</b> Deli Turkey Sub Sandwich, SunChips	<b>11</b> Smothered Turkey & Gravy over Biscuit with Mashed Potatoes	<b>12</b> Conference Day No School Today
<b>15 Nat'l School Lunch Week</b> Chow Mein Noodles w/ Beef & Vegetables	<b>16 Nat'l School Lunch Week</b> Macaroni & Cheese,  Steamed Broccoli, Wheat Roll	<b>17 NSLW SPECIAL!</b> Chicken & Waffles: Breaded Chicken Filet, Belgian Waffles, Maple-flavored Syrup	<b>18 Nat'l School Lunch Week</b> BBQ Pulled Pork Sandwich on a Pretzel Roll  , Thick-cut Baked Fries, Coleslaw on the Salad Bar	<b>19 Nat'l School Lunch Week</b> Soft Taco w/ Seasoned Beef &/or Vegetarian Refried Beans, Cheese
<b>22</b> General Tso's Chicken, Brown Rice, Steamed Broccoli	<b>23 Harvest of the Month</b> Five Cheese Lasagna,  Garlic Bread <b>WA-grown Carrots on the Salad Bar</b>	<b>24</b> NY-style Bagel Sandwich: Turkey Bacon, Egg & Cheese <u>or</u> Egg & Cheese, Hashbrown	<b>25</b> Beef Banh Mi Sandwich with Vegetable Pickles, Cilantro	<b>26</b> Chicken Enchiladas, Seasoned Black Beans
<b>29</b> Chicken Basket: Breaded Chicken Tenders, Thick-cut Baked Fries, Honey- mustard Saud, Wheat Roll	<b>30 Halloween Special</b> Spooky Spaghetti & Meatballs, Garlic Bread	<b>31</b> Biscuit & Gravy, Turkey Sausages, Hashbrown	<b>Milk Options</b> (available daily, included in lunch): 1% White, Non-fat White, Non-fat Chocolate, Lactose free, and Soymilk.	<b>Menu Label:</b>  Non-meat Items, may contain cheese &/or egg;  Contains pork;  Vegan Items

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

**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](https://freeandreducedmeals.com/lfserver/Bellevue_FRA)

## Daily Lunch Options: October, 2018

<b>Pizzeria</b>	<b>Quattro Formaggi</b> (four cheese) 🌱, <b>Pepperoni</b> (turkey & beef pepperoni), 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, Hamburger, Fish Burger, Spicy Chicken Burger, and Veggie Burger</b> 🌱 - Served w/ Baked Thick-cut Fries
<b>Grab'n Go</b>	<b>Asian Chicken Salad</b> (Chicken, Crunchy Chow Mein Noodles, Veggie w/ Sesame Dressing & Wheat Roll) >>Featured on Tuesdays & Thursdays<<
	<b>Chicken Caesar Salad</b> w/ Flatbread or Wheat Roll, <b>Vegetarian Caesar Salad</b> w/ Flatbread or Wheat Roll 🌱
	<b>Hummus Plate</b> (Hummus, Assorted Veggies, Herb Pocket Bread 🌱 or Flatbread 🌱 & Honey-roasted Sunflower Seeds)
	<b>Yogurt Lunch</b> (Low-fat Yogurt 🌱, Whole Wheat Bagel 🌱 w/ Cream Cheese 🌱 & 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>Middle School Breakfast Menu October, 2018</b>	Breakfast Offered at <b>Highland &amp; Odle</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 Sticks 🌱 w/ Turkey Sausage	Biscuit Sandwich: Egg, Ham & Cheese 🍕 or Egg & Cheese 🌱	Maple Pancake-wrapped Turkey Sausage	Buttermilk Pancakes w/ Maple-flavored Syrup 🌱	English Muffin Sandwich: Egg, Turkey Bacon & Cheese or Egg & Cheese 🌱
Breakfast Entrées Available DAILY: Yogurt Parfait 🌱, Whole Wheat Bagel 🌱 w/ Cream Cheese 🌱 &/or Jam 🌱, Seasonal Sliced Breakfast Bread 🌱, Breakfast Cinnamon Crumble Cake 🌱. **Breakfast includes fresh, dried and/or canned fruit, and your choice of milk**				

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

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

- ✂ Carrots were first cultivated in Afghanistan over 2,000 years ago.
- ✂ The orange color of carrots is due to the presence of  $\beta$ -carotene. Our bodies turn  $\beta$ -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 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.

THIS IS AN EQUAL OPPORTUNITY PROVIDER.