

















Bellevue School District Elementary School Menu





DECEMBER 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
3 Teriyaki Beef Dippers, Brown Rice, Steamed Green Beans	4 Chicken Alfredo <u>or</u> Vegetarian Alfredo  , Penne Pasta  , Wheat Roll	5 Pan Pizza – Cheese <u>or</u> Turkey Pepperoni Caesar Salad on the Salad Bar	6 Roasted Chicken Leg, Mashed Potatoes  & Gravy, Biscuit 	7 Dutch Waffle  , w/ Home-made Cinnamon Apple Topping  , Turkey Sausages
10 Teriyaki Chicken, Brown Rice, Steamed Green Beans	11 Italian Meatballs <u>or</u> Vegetarian Marinara  , Penne Pasta  , Garlic Bread	12  Cheese Stuffed Breadsticks, Marinara Dipping Sauce Caesar Salad on the Salad Bar	13 Harvest of the Month Three-Bean Chili  , Cheddar Cheese Topping, Cornbread 	14 <i>Seahawks Tailgate</i> Chicken Basket w/ BBQ Dipping Sauce: Breaded Chicken Tenders, Baked Fries, Wheat Roll
17 Mandarin Orange Chicken, Brown Rice, Steamed Stir-fry Veggies	18 Birthday Celebration Fish & Chips: Baja Fish Sticks, Thick-cut Baked Fries, Wheat Roll, B-day Mini Treat Coleslaw on the Salad Bar	19  French Bread Cheese Pizza Caesar Salad on the Salad Bar	20 Chef's Choice	21 Chef's Choice
24 / 31	25	26	27	28
 Bellevue Schools Closed for Winter Break! 				

<p>Have a wonderful winter break! See you in the new year – Meal Services resume on Monday, January 7th.</p>	<p>Milk Options (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Soy milk</p>	<p>Manu Label:  Non-meat entrees may contain cheese &/or egg;  Vegan item</p>
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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

DECEMBER 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	Turkey Ham & Cheese Sandwich on a Hawaiian Bun

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 – Fun Facts about Beans & Lentils!

- ✂ The Three-Bean Chili is made with red and kidney beans and lentils grown in Washington State.
- ✂ In the United States, eastern Washington and northern Idaho, so-called the Palouse Region, grows a third of the lentils.
- ✂ Beans and lentils are one of the earliest food crops cultivated. Lentils have been found in Egyptian tombs dating from 2400 BC!
- ✂ Did you know that the word “lens” comes from the word “lentils” because of their similarity in shape?



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.

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