

Bellevue School District Middle School Lunch Menu

DECEMBER 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mandarin Orange Chicken, Brown Rice, Spicy Green Beans	4 Chicken Parmesan (Breaded Chicken Filet w/ Marinara Sauce, Mozzarella Cheese), Spaghetti, Garlic Bread	5 Philly Cheesesteak Sub Sandwich, Emoticon Potatoes 😊	6 BBQ Pulled Pork Sandwich on a Pretzel Roll 🍩, Thick-cut Baked Fries, Coleslaw on the Salad Bar	7 Chef's Choice
Harvest of the Month Feature 'Italian Chickpea Salad' on the Salad Bar, featuring Chickpeas/Garbanzo Beans				
10 Fish & Chips: Fish Sticks, Thick-cut Baked Fries, Wheat Roll, Coleslaw on the Salad Bar	11 Chicken Alfredo, <u>or</u> Vegetarian Alfredo 🥬, Spaghetti, Wheat Roll	12 Belgian Waffles 🥞, w/ Mixed Berry & Whipped Cream Topping, Turkey Sausages,	13 Roasted Chicken Leg w/ Hot 'N Sweet BBQ Sauce, Baked Beans, Cornbread Celery Sticks on the Salad Bar	14 <i>Seahawks Tailgate</i> Nacho: Seasoned Beef &/or Vegetarian Refried Beans 🌿, Cheese Sauce 🥬, Corn Tortilla Chips
17 General Tso's Chicken, Brown Rice, Steamed Broccoli	18 Swedish Meatballs, Penne Pasta, Garlic Bread	19 Chicken Basket: Breaded Chicken Tenders, Thick-cut Baked Fries, Honey-mustard Saud, Wheat Roll	20 Chef's Choice	21 Chef's Choice
24 / 31	25	26	27	28
Bellevue Schools Closed for Winter Break!				
<p style="text-align: center;">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 White, Non-fat Chocolate, Lactose free, and Soymilk.</p>	<p>Menu Label: Non-meat Items, may contain cheese &/or egg; Contains pork; Vegan Items</p>

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

Daily Lunch Options: December, 2018

Pizzeria	Quattro Formaggi (four cheese) 🌱, Pepperoni (turkey & beef pepperoni), and Pizza Specialty* *Pizza Specialty may include: Buffalo Chicken, Garden Delight 🌱, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌱
Burgs & Sammies	Cheeseburger, Hamburger, Fish Burger, Spicy Chicken Burger, and Veggie Burger 🌱 - Served w/ Baked Thick-cut Fries
Grab'n Go	Asian Chicken Salad (Chicken, Crunchy Chow Mein Noodles, Veggeis w/ Sesame Dressing & Wheat Roll) >>Featured on Tuesdays & Thursdays<<
	Chicken Caesar Salad w/ Flatbread or Wheat Roll, Vegetarian Caesar Salad w/ Flatbread or Wheat Roll 🌱
	Hummus Plate (Hummus, Assorted Veggies, Herb Pocket Bread 🌱 or Flatbread 🌱 & Honey-roasted Sunflower Seeds)
	Yogurt Lunch (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. **

Middle School Breakfast Menu December, 2018	Breakfast Offered at Highland & Odle
Meal Prices: 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:

WA-Grown Harvest of the Month – Fun Facts about Beans & Lentils!

- ✂ 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 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.

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