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JANUARY, 2019



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
Milk Options (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Soy milk	1	2	3	4
 Bellevue Schools Closed for Winter Break! 				
7 Teriyaki Beef Dippers, Brown Rice  , Steamed Green Beans 	8 Chicken Basket: Breaded Chicken Tenders, Thick-cut Baked Fries  , Wheat Roll 	9 Cheesy Garlic Rippers, Marinara Dipping Sauce  , Caesar Salad on the Salad Bar	10 Roasted Chicken Leg, Mashed Potatoes  & Gravy, Biscuit 	11 Belgian Waffles  , w/ Mixed Berry & Whipped Cream Topping, Turkey Sausages
14 Mandarin Orange Chicken, Brown Rice  , Steamed Stir-fry Veggies 	15 Italian Meatballs <u>or</u> Vegetarian Marinara  , Penne Pasta  , Garlic Bread 	16 Pan Pizza – Cheese <u>or</u> Hawaiian w/ Turkey Ham & Pineapple Caesar Salad on the Salad Bar	17 Soft Taco: Flour Tortilla  , Seasoned Beef and/or Veg. Refried Beans  , Cheddar Cheese	18 Chicken Chow Mein w/ Vegetables
21 Martin Luther King Jr. Day No School Today	22 Birthday Celebration Three-Bean Chili  , Cheddar Cheese, Cheese Cornbread  , B-day Mini Treat	23 Cheese Stuffed Breadsticks  , Marinara Dipping Sauce  , Caesar Salad on the Salad Bar	24 Tillamook Cheeseburger, Potato Smiles 	25 Dutch Waffle  , w/ Home-made Cinnamon Apple Topping  , Turkey Sausages
28 No School Today	29 Fish & Chips: Baja Fish Sticks, Thick-cut Baked Fries  , Wheat Roll  , Coleslaw on the Salad Bar	30 French Bread Cheese Pizza Caesar Salad on the Salad Bar	31 Turkey & Gravy, Mashed Potatoes  , Biscuit 	 <i>Featuring WA-grown Fuji, Gala &/or Granny Smith Apples on the Salad Bar.</i>

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

JANUARY, 2019

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

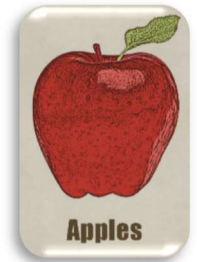
Served Daily: Whole Wheat Bagel 🌱 w/ Cream Cheese 🌱 & Jam, and *Kid's Choice* – Select 1-2 items from Low-fat Yogurt 🌱, WG Fruit Muffins 🌱, and Assorted Whole Grain Cereals 🌱 (Multigrain Cherrios, Rice Chex, Cinnamon Rice Chex, and Rice Krispies). ****Breakfast includes fresh, dried, and/or canned fruit, and your choice of milk (1% White, Lactose Free and Soymilk 🌱).****

Nutrition News:

WA-Grown Harvest of the Month – Fun Facts about APPLES!

- ✂ More than half of all apples grown in the United States for fresh eating come from orchards in Washington State.
- ✂ More than 175,000 acres of apple orchards are nestled in the eastern foothills of the Cascade Mountains of Washington State, that is a size that fits 132,575 football fields!
- ✂ The proverb, “an apple a day keeps the doctor away” is actually some sound advice! Apples are a great source of dietary fiber, and a good source of Vitamin C and potassium. They are low in calories with no fat, no sodium, and no cholesterol.

Source: Washington Apples, Washington-Grown Food Kit by 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.

WE'RE HIRING!

Nutrition Services is Hiring!

We are looking for dedicated individuals interested in part time work in one of our school kitchens. No prior experience needed – we will provide the training and resources for you. **Please**

apply online at: <https://bsd405.org/departments/hr/jobs/>.