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JANUARY, 2019



Meal Prices: Lunch: \$3.75, Reduced Price: \$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 White, Non-fat Chocolate, Lactose free, and Soymilk.	1	2	3	4
 Bellevue Schools Closed for Winter Break! 				
7 Mandarin Orange Chicken, Brown Rice  , Spicy Green Beans 	8 Italian Meatballs, <u>or</u> Vegetarian Marinara  , Spaghetti  , Garlic Bread 	9 EXPRESS LUNCH (Cheese Quesadilla  w/ Salsa, Pizza, Burgers & Grab'n Go)	10 Philly Cheesesteak Sub Sandwich, Emoticon Potatoes  	11 Smothered Turkey & Gravy over Biscuit w/ Mashed Potatoes, Steamed Vegetables 
14 Chicken Basket: Breaded Chicken Tenders, Baked Fries  w/ Honey-mustard Sauce, Wheat Roll 	15 Chicken & Waffle: Breaded Chicken Filet & Dutch Waffle  w/ Maple-flavored Syrup	16 EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	17 Tomato Soup  , Garlicky Cheese Bread  Caesar Salad on the Salad Bar	18 Harvest of the Month BBQ Pulled Pork Sandwich on a Pretzel Roll  , Thick-cut Baked Fries  Apple Slaw on the Salad Bar
21 Martin Luther King Jr. Day No School Today	22 Roasted Chicken Legs, Potato au Gratin  , Biscuit 	23 EXPRESS LUNCH (Cheese Quesadilla  w/ Salsa, Pizza, Burgers & Grab'n Go)	24 Chef's Choice	25 Chef's Choice
 First Semester Final Exams				
28 No School Today	29 General Tso's Chicken, Brown Rice  , Steamed Broccoli 	30 EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	31 Soft Taco: Seasoned Beef &/or Vegetarian Refried Beans  , Cheddar Cheese  , Flour Tortilla	Menu Label:  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.****

Daily Lunch Options: January 2019

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 (SunChips on Wednesdays)
Grab'n Go	NEW! Taco Salad (Seasoned Beef, Crunchy Salad Mix, Salsa, Cheese, Cilantro & Corn Tortilla Chips) >>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.

High School Breakfast Menu January, 2019		Breakfast Offered at Bellevue, Interlake, Newport & Sammamish		
Meal Prices: Breakfast: \$2.75, 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, Egg & Cheese Bagel SW 🌱	Croissant Sandwich: Egg, Turkey Bacon & Cheese or Egg & Cheese 🌱	Bagel Sandwich: Egg, Ham & Cheese 🍕 or Egg & Cheese 🌱
Breakfast Entrées Available DAILY: Yogurt Parfait 🌱, Assorted Cereals 🌱, 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 APPLES!

- ✂ More than half of all apples grown in the United States for fresh eating come from orchards in Washington State.
- ✂ 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 you to access menus and nutrition information directly from their smart phones and tablets.

The digital menus allow you to:

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