

Bellevue School District Elementary School Menu

FEBRUARY, 2019



WA-Grown Harvest of the Month
 1% White and Non-fat Chocolate Milks are from WA dairy farms, as well as low-fat yogurt in breakfast yogurt parfaits.

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
<p>Milk Options (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Soymilk</p>	<p>Menu Label: Non-meat entrees may contain cheese &/or egg; Vegan item</p> <p>Did you know that a list of ingredients for each menu item can be found on our digital menu "My School Menu"? It is accessible via Nutrition Services Menu page at: https://bsd405.org/services/nutrition-services/lunch/</p>			<p>1 Super Bowl LIII Tailgate! Roasted Chicken Leg w/ BBQ Sauce, Cornbread, Sporty Snack, Carrots & Celery Sticks on the Salad Bar </p>
<p>4 Five Cheese Lasagna, Garlic Bread </p>	<p>5 Lunar New Year! Mandarin Orange Chicken, Brown Rice , Stir-fry Vegetables , Fortune Cookie </p>	<p>6 Cheesy Garlic Rippers, Marinara Dipping Sauce , Caesar Salad on the Salad Bar</p>	<p>7 Chicken Basket: Breaded Chicken Tenders, Thick-cut Baked Fries , Wheat Roll </p>	<p>8 Soft Taco: Flour Tortilla , Seasoned Beef and/or Veg. Refried Beans , Cheddar Cheese</p>
<p>11 Teriyaki Beef Dippers, Brown Rice , Steamed Green Beans </p>	<p>12 Chicken Alfredo <u>or</u> Vegetarian Alfredo, Penne Pasta , Wheat Roll </p>	<p>13 Pan Pizza – Cheese <u>or</u> Turkey Pepperoni, Caesar Salad on the Salad Bar</p>	<p>14 Valentine Day Special! Belgian Waffles , w/ Strawberries & Whipped Cream Topping, Turkey Sausages </p>	<p>15 Chef's Choice</p>
<p>18</p>	<p>Bellevue Schools Closed for Mid-Winter Break!</p>			<p>22</p>
<p>25 Birthday Celebration Fish & Chips: Baja Fish Sticks, Baked Fries , Wheat Roll , B-day Treat Coleslaw on the Salad Bar</p>	<p>26 Italian Meatballs <u>or</u> Vegetarian Marinara , Penne Pasta , Garlic Bread </p>	<p>27 French Bread Cheese Pizza, Caesar Salad on the Salad Bar</p>	<p>28 Three-Bean Chili , Cheddar Cheese, Cornbread </p>	

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). ****No Chicken Caesar Salad on Tue & Thu this month.****
****Lunch includes a trip though our salad bar which features salad greens, crunchy vegetables, legumes, fresh, canned and dried fruit.****

Elementary School Breakfast Menu

FEBRUARY, 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 🌱, Nut-free Whole Grain Cereal Bar 🌱, 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 DAIRY!

- ✂ Milk contains nine essential nutrients, making it one of the most naturally-nutrient-dense beverages you can enjoy. Those nine are: calcium, potassium, phosphorus, protein, Vitamin A, Vitamin D, Vitamin B12, Riboflavin and Niacin.
- ✂ A cow can produce about 8 gallons of milk a day, which is equal to 128 cartons of milk that you see in your school cafeteria.
- ✂ It is said that Neolithic herdsman living in Central Asia discovered yogurt by accident when milk curdled and thickened.

Sources: Washington State Dairy Council, "All about Dairy Cows" National Agricultural Library, Easy Science for Kids



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/>.