

Bellevue School District High School Lunch Menu

FEBRUARY, 2019



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

Meal Prices: Lunch: \$3.75, Reduced Price: \$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 White, Non-fat Chocolate, Lactose free, and Soy milk.</p>	<p>Menu Label: Non-meat Items, may contain cheese &/or egg; Contains pork; Vegan Items</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! Game-Day Wings w/ Hot 'n Sweet BBQ Sauce, Cheese Cornbread, Carrots & Celery Sticks on the Salad Bar </p>
<p>4 Swedish Meatballs, Penne Pasta , Garlic Bread </p>	<p>5 Lunar New Year! Mandarin Orange Chicken, Brown Rice , Spicy Green Beans , Fortune Cookie </p>	<p>6 EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)</p>	<p>7 Philly Cheesesteak Sub Sandwich, Emoticon Potatoes </p>	<p>8 Chicken Fried Steak, Mashed Potatoes , Country Gravy , Whole Wheat Roll </p>
<p>11 Chicken Basket: Breaded Chicken Tenders, Baked Fries w/ Honey-mustard Sauce , Wheat Roll </p>	<p>12 Nacho: Seasoned Beef, &/or Veg. Refried Beans , Cheese Sauce , WG Corn Tortilla Chips </p>	<p>13 EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)</p>	<p>14 Valentine Day Special Five Cheese Lasagna w/ Garlic Bread , or Pink Sweetheart Parfaits, Caesar Salad on the Salad Bar</p>	<p>15 Chef's Choice</p>
18	19	20	21	22
<p> Bellevue Schools Closed for Mid-Winter Break! </p>				
<p>25 General Tso's Chicken, Brown Rice , Steamed Broccoli </p>	<p>26 Tomato Soup , Garlicky Cheese Bread , Caesar Salad on the Salad Bar</p>	<p>27 EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)</p>	<p>28 Carnita Plate: Seasoned Pulled Pork , Spanish Rice , Veg. Refried Beans , Cheddar Cheese</p>	

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

Daily Lunch Options: February 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	Taco Salad (Seasoned Beef <u>or</u> Chicken, Crunchy Salad Mix, Salsa, Cheese, Cilantro & Corn Tortilla Chips)
	Chicken Caesar Salad w/ Flatbread or Wheat Roll, Vegetarian Caesar Salad w/ Flatbread or Wheat Roll 🌱
	Hummus Plate (Hummus, Assorted Veggies, Herb Pocket Bread 🌱 <u>or</u> 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 February, 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 🍕 <u>or</u> Egg & Cheese 🌱	Maple Pancake-wrapped Turkey Sausage <u>or</u> Egg & Cheese Bagel SW 🌱	Croissant Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 🌱	Bagel Sandwich: Egg, Ham & Cheese 🍕 <u>or</u> Egg & Cheese 🌱
Breakfast Entrées Available DAILY: Yogurt Parfait 🌱, Assorted Cereals 🌱, Bagel 🌱 & Cream Cheese, 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 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 (Vitamin B2) and Niacin.
- ✂ It is said that Neolithic herders living in Central Asia discovered yogurt by accident when milk curdles and thickened.

Source: Washington State Dairy Council, Easy Science for Kids



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/>.