

# Bellevue School District Elementary School Menu

## MARCH, 2019



### Harvest of the Month GRAINS

Try "Ancient Grain Salad"  
on the Salad Bar, March 25-29

**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><b>Milk Options</b> (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Soymilk</p>	<p><b>Menu Label:</b>   Non-meat entrees may contain cheese &amp;/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:  <a href="https://bsd405.org/services/nutrition-services/lunch/">https://bsd405.org/services/nutrition-services/lunch/</a></p>		<p><b>1</b> Chef's Choice</p>
<p><b>4</b> Fish &amp; Chips: Baja Fish Sticks, Baked Fries , Wheat Roll , Coleslaw on the Salad Bar</p>	<p><b>5</b> Italian Meatballs, Penne Pasta , Garlic Bread </p>	<p><b>6</b> French Bread Cheese Pizza  Caesar Salad on the Salad Bar</p>	<p><b>7</b> Three-Bean Chili , Cheddar Cheese, Cornbread </p>	<p><b>8</b> Dutch Waffle  w/ Warm Cinnamon Apple Topping , Turkey Sausages</p>
<p><b>11</b> Mandarin Orange Chicken, Brown Rice , Stir-fry Vegetables </p>	<p><b>12</b> Chicken Alfredo <u>or</u> Vegetarian Alfredo Penne Pasta , Garlic Bread </p>	<p><b>13</b> Pan Pizza – Cheese <u>or</u> Hawaiian w/ Turkey Ham  Caesar Salad on the Salad Bar</p>	<p><b>14</b> Belgian Waffles , w/ Mixed Berry &amp; Whipped Cream Topping , Turkey Sausages</p>	<p><b>15</b> Soft Taco: Flour Tortilla , Seasoned Beef and/or Veg. Refried Beans , Cheddar Cheese</p>
<p><b>18</b> <b>NO SCHOOL TODAY</b></p>	<p><b>19</b> Five Cheese Lasagna, Garlic Bread </p>	<p><b>20</b> Cheese-stuffed Breadsticks , Marinara Dipping Sauce , Caesar Salad on the Salad Bar</p>	<p><b>21 Bellevue's Birthday!</b> Roasted Chicken Leg &amp; Baby Potatoes, Wheat Roll  <i>Strawberries on the Salad Bar</i></p>	<p><b>22</b> Tillamook Cheeseburger, Potato Smiles </p>
<p><b>25</b> Fish &amp; Chips: Baja Fish Sticks, Baked Fries , Wheat Roll , Coleslaw on the Salad Bar</p>	<p><b>26 Birthday Celebration</b> Three-Bean Chili , Cheddar Cheese, Cornbread , Birthday Treat</p>	<p><b>27</b> French Bread Cheese Pizza  Caesar Salad on the Salad Bar</p>	<p><b>28 Mariners Opening Day!</b>  "Mariner" Dog (Chicken Corn Dog), w/ Curveball Fries, Grand Slam Coleslaw on the Salad Bar</p>	<p><b>29</b> Taco Salad: Crunchy Tortilla Bowl , Lettuce, Seasoned Beef and/or Veg. Refried Beans , Cheddar Cheese</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

## MARCH, 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 , Whole Grain Blueberry Muffin , Nut-free Whole Grain Cereal Bar , and Assorted Whole Grain Cereals  (Multigrain Cheerios, 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:

#### Harvest of the Month – Featuring Barley and Quinoa in the Ancient Grain Salad!

- ✕ Barley and Quinoa (*keen-wah*) are one of the oldest cultivated grains. They are an excellent source of manganese, a mineral that is essential to the formation of bones and cartilages.
- ✕ Quinoa (*keen-wah*) is originated in the Andes, where it has long been cultivated by the Inca. It is one of the few plant foods that contain all nine essential amino acids.

Sources: The Whole Grain Council



**Let's Celebrate Bellevue's Birthday with Strawberries – Thu, March 21st!** The City of Bellevue incorporated on March 21, 1953. Though While not Bellevue-grown, fresh strawberries will be showcased on the salad bars to celebrate Bellevue's agricultural heritage. Source: Wikipedia; Bellevue Strawberry Festival

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/>.