

# Bellevue School District Middle School Lunch Menu

## MARCH, 2019



**Harvest of the Month**  
**GRAINS**  
 Try "Ancient Grain Salad"  
 on the Salad Bar, March 25-29

**Meal Prices:** Lunch: \$3.50, Reduced Price: \$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 White, Non-fat Chocolate, Lactose free, and Soymilk.</p>	<p><b>Menu Label:</b>   Non-meat Items, may contain cheese &amp;/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:  <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>                      General Tso's Chicken, Brown Rice , Steamed Broccoli </p>	<p><b>5</b>                      Tomato Soup , Garlicky Cheese Bread                       Caesar Salad on the Salad Bar</p>	<p><b>6</b>                      Biscuit &amp; Gravy w/ Turkey Sausages, Hashbrown </p>	<p><b>7</b>                      Carnita Plate: Seasoned Pulled Pork , Spanish Rice , Veg. Refried Beans , Cheddar Cheese</p>	<p><b>8</b>                      Roasted Chicken Leg &amp; Baby Potatoes , Steamed Green Beans , Whole Wheat Roll </p>
<p><b>11</b>                      Chicken Basket: Breaded Chicken Tenders, Baked Fries , Honey-mustard Sauce , Wheat Roll </p>	<p><b>12</b>                      Italian Meatballs, WG Spaghetti , Garlic Bread </p>	<p><b>13</b>                      New York Style Bagel SW: Egg, Cheese &amp; Turkey Bacon; <u>or</u> Egg &amp; Cheese , Hashbrown </p>	<p><b>3.14 Pi Day Round Waffles</b>                      Chicken &amp; Waffles: Breaded Chicken Filet, Belgian Waffle Rounds , Maple-flavored Syrup</p>	<p><b>15</b>                      Philly Cheesesteak Sub Sandwich, Emoticon Potatoes  </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>                      Deli Turkey Sandwich on a Whole Wheat Hoagie Roll, SunChips</p>	<p><b>21 Bellevue's Birthday!</b>                      Bellevue Burger (Turkey Bacon Cheeseburger), Thick-cut Baked Fries, Strawberries on the Salad Bar</p>	<p><b>22</b>                      Taco Salad: Crunchy Tortilla Bowl , Lettuce, Seasoned Beef &amp;/or Veg. Refried Beans , Cheddar Cheese</p>
<p><b>25</b>                      General Tso's Chicken, Brown Rice , Steamed Broccoli </p>	<p><b>26</b>                      Tomato Soup , Garlicky Cheese Bread                       Caesar Salad on the Salad Bar</p>	<p><b>27</b>                      Croissant Sandwich: Egg, Cheese &amp; Turkey Bacon; <u>or</u> Egg &amp; Cheese , Hashbrown</p>	<p><b>28 Mariners Opening Day!</b>                      "Mariner" Dog (All-Beef Hot Dog), w/ Curveball Seasoned Fries, Grand Slam Coleslaw on the Salad Bar</p>	<p><b>29</b>                      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: March, 2019

<b>Pizzeria</b>	<b>Quattro Formaggi</b> (four cheese) 🌱, <b>Pepperoni</b> (turkey & beef pepperoni), and <b>Pizza Specialty*</b> *Pizza Specialty may include: Buffalo Chicken, Garden Delight 🌱, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌱
<b>Burgs &amp; Sammies</b>	<b>Cheeseburger, Hamburger, Fish Burger, Spicy Chicken Burger, and Veggie Burger</b> 🌱 - Served w/ Baked Thick-cut Fries
<b>Grab'n Go</b>	<b>Taco Salad</b> (Seasoned Beef <u>or</u> Chicken, Crunchy Salad Mix, Salsa, Cilantro, Cheese & Corn Tortilla Chips) >> Tuesdays & Thursdays only <<
	<b>Chicken Caesar Salad</b> w/ Flatbread or Wheat Roll, <b>Vegetarian Caesar Salad</b> w/ Flatbread or Wheat Roll 🌱
	<b>Hummus Plate</b> (Hummus, Assorted Veggies, Herb Pocket Bread 🌱 <u>or</u> Flatbread 🌱 & Honey-roasted Sunflower Seeds)
	<b>Yogurt Lunch</b> (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. \*\*

## Middle School Breakfast Menu March, 2019

Breakfast Offered at **Highland & Odle**

**Meal Prices:** Breakfast: \$2.50, 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	Buttermilk Pancakes 🌱 w/ Maple-flavored Syrup	English Muffin Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 🌱
Breakfast Entrées Available DAILY: Assorted Cereals 🌱, Bagel 🌱 & Cream Cheese 🌱, Breakfast Bread Slices 🌱, Breakfast Cinnamon Crumble Cake 🌱.				
**Breakfast includes fresh, dried and/or canned fruit, and your choice of milk**				

### 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



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/>.