

# Bellevue School District High School Lunch Menu













## JUNE, 2019

**Milk Options** (available daily, included in lunch) may include: 1% White, Non-fat White, Non-fat Chocolate, Lactose free, and Soymilk.

**Menu Label:**  
 Non-meat Items, may contain cheese &/or egg;  
 Contains pork;  
 Vegan Items


**Meal Prices:** Lunch: \$3.75, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.50


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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Mandarin Orange Chicken, Brown Rice  , Spicy Green Beans 	<b>4</b> Taco Salad: Crunchy Tortilla Bowl  , Lettuce, Seasoned Beef &/or Veg. Refried Beans  , Cheddar Cheese	<b>5</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>6</b> Swedish Meatballs, Penne Pasta  , Garlic Bread 	<b>7</b> Carnita Plate: Seasoned Pulled Pork  , Spanish Rice  , Veg. Refried Beans  , Cheddar Cheese
<b>10</b> Chicken Basket: Breaded Chicken Tenders, Baked Fries  w/ Honey-mustard Sauce  , Wheat Roll	<b>11</b> Five Cheese Lasagna, Garlic Bread 	<b>12</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>13</b> <b>Chef's Choice</b>	<b>14</b> <b>Chef's Choice</b>
<b>17</b> <b>Chef's Choice</b>	<b>18</b> <b>Chef's Choice</b>	<b>19</b> <b>Chef's Choice</b>	<b>20</b> <b>Chef's Choice</b>	<b>21</b> <b>No Lunch Today</b> Last Day of School
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Bellevue Schools Closed for Summer				


### FUEL UP for SUMMER! Get FREE Meals for Kids & Teens at either of these locations this summer.






 Lake Hills Elementary  
 @14310 SE 12<sup>th</sup> Street, Bellevue, WA 98007


 July 8<sup>th</sup> – August 1<sup>st</sup>,  
 Monday – Thursday (CLOSED on Fridays)


 Breakfast 8:00AM-8:30AM  Lunch 10:50AM-11:50AM

 Sammamish High School @100 140th Ave SE, Bellevue, WA 98005

 **Session I:** July 8<sup>th</sup> – August 2<sup>nd</sup>, Monday – Friday

 Breakfast 8:30AM-9:15AM,  Lunch 10:50AM-12:00PM

 **Session II:** August 12<sup>th</sup> – August 19<sup>th</sup>, Monday – Friday

 Lunch ONLY 11:45AM-12:15PM

## Daily Lunch Options: JUNE, 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 (SunChips on Wednesdays)
<b>Grab'n Go</b>	<b>Taco Salad</b> (Seasoned Beef <u>or</u> Chicken, Crunchy Salad Mix, Salsa, Cheese, Cilantro & Corn Tortilla Chips)
	<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.\*\*

<b>High School Breakfast Menu – JUNE, 2019</b>	Breakfast Offered at <b>Bellevue, Interlake, Newport &amp; Sammamish</b>
<b>Meal Prices:</b> 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 🌿 <b>6/21 NO BREAKFAST</b>
Breakfast Entrées Available DAILY: Yogurt Parfait 🌿, Assorted Cereals 🌿, Bagel 🌿 & Cream Cheese 🌿, Seasonal Sliced Breakfast Bread 🌿, Breakfast Cinnamon Crumble Cake 🌿. <b>**Breakfast includes fresh, dried and/or canned fruit, and your choice of milk**</b>				

## Nutrition News:

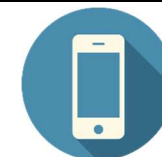


The 2019-20 School Year Free & Reduced Priced Meals Application will be available in **mid-August**. Please check Nutrition Services website at: <https://bsd405.org/services/nutrition-services/free-reduced/>

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/>.