

# Bellevue School District Big Picture School



















## Lunch Menu - March, 2020



Lunch includes a trip through our salad bar which features salad greens, crunchy vegetables, legumes, and fresh seasonal fruits.

Visit our *Salad Bar*

**Meal Prices:** Lunch: \$3.75, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.75

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Fish Basket: Breaded Alaska Pollock Wedge, Baked Fries  , Whole Grain Roll  , Tartar Sauce on the Condiment Bar	<b>3</b> Nacho: Seasoned Beef &/or Veg. Refried Beans  , Mucho Queso Sauce, WG Corn Tortilla Chips  , Taco Toppings on the Condiment Bar	<b>4</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>5</b> Chicken & Waffle  , w/ Maple-flavored Syrup	<b>6</b> Chicken A La King, Ancient Grain Pilaf 
<b>9</b> Teriyaki Chicken, Brown Rice  , Steamed Broccoli 	<b>10</b> BBQ Pulled Pork Sandwich on a Pretzel Roll  , Thick-cut Baked Fries  , Coleslaw on the Salad Bar	<b>11</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>12</b> Italian Meatballs, Penne Pasta  , Garlic Bread 	<b>13</b> Roasted Chicken Legs, Potato au Gratin  , Whole Wheat Roll 
<b>16</b> Mandarin Orange Chicken, Brown Rice  , Spicy Green Beans 	<b>17 St. Patrick's Day</b>  Reuben Sandwich: Corned Beef & Swiss Cheese on a Pretzel Roll, Oven-baked Golden Fries	<b>18</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>19 First Day of Spring Brunch</b> Dutch Waffle  , w/ Strawberry & Whipped Cream Topping, Turkey Sausage	<b>20 Snow Make-up Day</b> Chef's Choice
<b>23</b> Chicken Basket: Breaded Chicken Tenders w/ Honey-mustard Dipping Sauce  , Baked Fries  , Whole Wheat Roll 	<b>24 Taco Tuesday</b> Soft Taco: Seasoned Beef &/or Veg. Refried Beans  , Cheddar Cheese on a WG Flour Tortilla  , Taco Toppings on the Condiment Bar	<b>25</b> EXPRESS LUNCH (Deli Turkey Sub Sandwich, Pizza, Burgers & Grab'n Go)	<b>26</b> Chow Mein Noodles w/ Beef & Vegetables	<b>27 March Madness Celebration</b> Fowl Shot Wings w/ Honey Sriracha Sauce, Crunch Time Cornbread  , Carrot & Celery Sticks on the Salad Bar 
<b>30</b> Teriyaki Chicken, Brown Rice  , Steamed Broccoli 	<b>31</b> Nacho: Seasoned Beef &/or Veg. Refried Beans  , Mucho Queso Sauce, WG Corn Tortilla Chips  , Taco Toppings on the Condiment Bar	<p><b>Milk Options</b> (available daily, included in lunch) may include: 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>		

\*\*Daily Lunch Options & Breakfast Menu on back page.\*\*

## Daily Lunch Options: March, 2020

<b>Pizzeria</b>	<b>Formaggi</b> (cheese) 🌿, <b>Pepperoni</b> (pork & beef pepperoni) 🍕, and <b>Pizza Specialty*</b> *Pizza Specialty may include: Garden Delight 🌿, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌿
<b>Burgs &amp; Sammies</b>	<b>Black Bean Burger</b> 🌿, <b>Cheeseburger</b> , <b>Hamburger</b> , <b>Fish Burger</b> , and <b>Spicy Chicken Burger</b> - Served w/ Baked Thick-cut Fries (SunChips on Wednesdays)
<b>Grab'n Go</b>	<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 🌿 or Flatbread 🌿 & Honey-roasted Sunflower Seeds 🌿) <b>NEW! Chicken Salad Sandwich on Ciabatta Roll</b>

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

### Nutrition News:

**"Passport to Flavors of the World"- U.S.A. ✈️ "Passport to Flavors of the World"- U.S.A.** This month, we're back to the United States for March Madness, the time of year when the National Collegiate Athletic Association (NCAA) men's and women's basketball tournaments are held. Across the States, throughout the month of March, the teams strive for excellence, hence called "March Madness." During the weekend of March 28<sup>th</sup>, the men's and women's teams in the "Sweet Sixteen" round will be competing for the "Elite Eight" round. On Friday, March 27<sup>th</sup>, students will have 'Fowl Shot Wings' (chicken wings), 'Crunch Time Cornbread' (cheese cornbread) and fruit and vegetables choices from the salad bar including 'Mini Ballers' (oranges) and 'Center Court carrots and celery sticks' to celebrate the Madness. Nutrition plays key roles in exercise as well: Choose whole grains or whole fruit for energy boost an hour before exercising, keep hydrated with water during exercise, and refuel afterwards with a nutrient-rich snack or meal to help your body recover. Next month we will fly out to the Philippines! Please check back for your destination and boarding time (a.k.a. menu date) on the April menu.



The **My School Menus™** mobile app allows you to access menus and nutrition information directly from your smart phones and tablets. It allows you to:



- View nutritional information and ingredients for menu items.
- Filter food choices for the top 8 allergens.
- Using "Build a Meal" feature, determine the overall nutritional value of a meal (calories, carbohydrates, etc.) to meet personal dietary needs.

Find more info at: <https://bsd405.org/services/nutrition-services/lunch/>



The 2019-20 Application for Free or Reduced Priced Meals is available at <https://bsd405.org/services/nutrition-services/free-reduced/>. *Applications must be renewed annually!*



**How to Pay for Meals:** Nutrition Services uses **PayPAMS** for online payments.

Go to <https://paypams.com> for more information.

PayPAMS will charge a \$1.95 fee per family, rather than per student for online payments. You may also pay for meals by check or cash at your child's school.