

# Bellevue School District Elementary School Lunch Menu












































## March, 2020




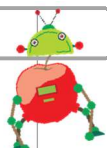










Lunch includes a trip though our salad bar which features salad greens, crunchy vegetables, legumes, and fresh seasonal fruits.

**Meal Prices:** Lunch: \$3.50, Reduced Price: FREE (K-3); \$0.40 (PK, 4-5), Milk ONLY: \$0.50, Adults: \$4.75

*Visit our Salad Bar*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Mandarin Orange Chicken, Brown Rice </p> <p>– Hot Veggie of the Day – Green Beans on the Hot Cart</p>	<p><b>3</b> Power Beans Chili  w/ Cheddar Cheese Topping Cheese Cornbread </p>	<p><b>4</b> Pan Pizza – Cheese , <u>or</u> Hawaiian w/ Turkey Ham  Caesar Salad on the Salad Bar</p>	<p><b>5 Brunch for Lunch</b> Dutch Waffle , Warm Cinnamon Apple Topping  Turkey Sausages</p>	<p><b>6</b> Tillamook Cheeseburger on a Whole Wheat Bun, Emoji Potatoes </p>
<p><b>9</b> Fish Basket: Alaska Pollock Nuggets &amp; Thick-cut Baked Fries , Whole Wheat Roll </p>	<p><b>10</b> Soft Taco: Seasoned Beef &amp;/or Veg. Refried Beans , Cheddar Cheese on a WG Flour Tortilla </p>	<p><b>11</b> French Bread Garlic Cheese Toast   Caesar Salad on the Salad Bar</p>	<p><b>12</b> Swedish Meatballs, Penne Pasta </p>	<p><b>13</b> Roasted Chicken Leg, Roasted Baby Potatoes , Whole Wheat Roll </p>
<p><b>16</b> Chicken and Vegetable Chow Mein</p>	<p><b>17 St. Patrick's Day</b> Pot-o-Gold Mac &amp; Cheese , Whole Wheat Roll  – Hot Veggie of the Day – Leprechaun's Broccoli </p>	<p><b>18</b> Pan Pizza – Cheese , <u>or</u> Turkey Pepperoni  Caesar Salad on the Salad Bar</p>	<p><b>19 First Day of Spring Brunch</b> Belgian Waffles , Strawberry  &amp; Whipped Cream Topping , Turkey Sausages</p>	<p><b>20 Snow Make-up Day</b> Chef's Choice</p>
<p><b>23</b> Chicken Basket: Breaded Chicken Tenders, Baked Fries , Whole Wheat Roll </p>	<p><b>24</b> Taco Salad: Seasoned Beef &amp;/or Veg. Refried Beans , Lettuce, Cheddar Cheese in a WG Tortilla Bowl </p>	<p><b>25</b> Cheese-stuffed Breadsticks , Marinara Dipping Sauce   Caesar Salad on the Salad Bar</p>	<p><b>26</b> Chicken Alfredo <u>or</u> Vegetarian Alfredo , Penne Pasta , Whole Wheat Roll </p>	<p><b>27 March Madness Celebration</b> Slam Dunk Hot Dog, In-N-Out Baked Fries </p> <p style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block;">Wear your favorite team's gear!</p>
<p><b>30</b> Mandarin Orange Chicken, Brown Rice </p> <p>– Hot Veggie of the Day – Green Beans on the Hot Cart</p>	<p><b>31</b> Italian Meatballs, Penne Pasta , Garlic Bread </p>	<p><b>Daily Lunch Options:</b> Breaded Chicken Burger, Hamburger, Veggie Burger , Bean &amp; Cheese Burrito , and Picnic Lunch (Whole Wheat Bagel  w/ Cream Cheese , Low-fat Yogurt  &amp; String Cheese )</p> <p><b>Milk Options</b> (available daily, included in lunch) may include: 1% White, Non-fat Chocolate, Lactose free, and Soymilk.</p> <p><b>Menu Label:</b>  Non-meat Items, may contain cheese &amp;/or egg;  Vegan Items</p>		

National School Breakfast Week, March 2<sup>nd</sup> – 6<sup>th</sup> celebrated in the schools with breakfast program!

Elementary School Breakfast Menu – March, 2020		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		>> PILOT Breakfast at Wilburton <<	
 Monday	 Tuesday	 Wednesday	 Friday
Pancake-wrapped Turkey Sausage	Texas-style French Toast 	Egg, Cheese, Potato & Turkey Sausage Breakfast Burrito	Breakfast Slider: Egg & Cheese on a WG Biscuit 
<b>Served Daily:</b> Whole Wheat Bagel  w/ Cream Cheese  & Jam, and Kid's Choice – Select 1-2 items from Low-fat Yogurt  , Whole Grain Blueberry Muffin  , Assorted Whole Grain Cereals  (Multigrain Cherrios, Rice Chex, Cinnamon Rice Chex, and Rice Krispies), and Nut-FREE Granola  . **Breakfast includes fresh, dried, and/or canned fruit, and your choice of milk (1% White, Lactose Free and Soymilk). **			

### Nutrition News:

**“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 ‘Slam Dunk Hot Dog’ (all-beef hot dog), ‘In-N-Out Fries’ (curly fries) and fruit and vegetable choices from the salad bar 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.



**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.