Bellevue School District High School Lunch Menu
March, 2020

<table>
<thead>
<tr>
<th>Meal Prices: Lunch: $3.75, Reduced Price: $0.40, Milk ONLY: $0.50, Adults: $4.75</th>
</tr>
</thead>
</table>

### Monday
2. Fish Basket: Breaded Alaska Pollock Wedge, Baked Fries, Whole Grain Roll, Tartar Sauce on the Condiment Bar

### Tuesday
3. Nacho: Seasoned Beef &/or Veg. Refried Beans, Jalapeno Cheese Sauce, WG Corn Tortilla Chips, Taco Toppings on the Condiment Bar

### Wednesday
4. EXPRESS LUNCH
   Deli Turkey Sub Sandwich, Pizza, Burgers & Grab’n Go

### Thursday
5. Chicken & Waffle w/ Maple-flavored Syrup

### Friday
6. Chicken A La King, Ancient Grain Pilaf

### Saturday
9. General Tso’s Chicken, Brown Rice, Steamed Broccoli

### Sunday
10. BBQ Pulled Pork Sandwich on a Pretzel Roll, Thick-cut Baked Fries, Coleslaw on the Salad Bar

### Monday
11. EXPRESS LUNCH
   Deli Turkey Sub Sandwich, Pizza, Burgers & Grab’n Go

### Tuesday
12. Italian Meatballs, Penne Pasta, Garlic Bread

### Wednesday
13. Roasted Chicken Legs, Potato au Gratin, Whole Wheat Roll

### Thursday
16. Mandarin Orange Chicken, Brown Rice, Spicy Green Beans

### Friday
17. St. Patrick’s Day Reuben Sandwich: Corned Beef & Swiss Cheese on a Pretzel Roll, Oven-baked Golden Fries

### Saturday
18. EXPRESS LUNCH
   Deli Turkey Sub Sandwich, Pizza, Burgers & Grab’n Go

### Sunday
19. First Day of Spring Brunch
   Dutch Waffle, w/ Strawberry & Whipped Cream Topping, Turkey Sausage

### Monday
20. Snow Make-up Day Chef’s Choice

### Tuesday
23. Chicken Basket: Breaded Chicken Tenders w/ Honey-mustard Dipping Sauce, Baked Fries, Whole Wheat Roll

### Wednesday
24. Taco Tuesday
   Soft Taco: Seasoned Beef &/or Veg. Refried Beans, Cheddar Cheese on a WG Flour Tortilla, Taco Toppings on the Condiment Bar

### Thursday
25. EXPRESS LUNCH
   Deli Turkey Sub Sandwich, Pizza, Burgers & Grab’n Go

### Friday
26. Chow Mein Noodles w/ Beef & Vegetables

### Saturday
30. General Tso’s Chicken, Brown Rice, Steamed Broccoli

### Sunday
31. Nacho: Seasoned Beef &/or Veg. Refried Beans, Jalapeno Cheese Sauce, WG Corn Tortilla Chips, Taco Toppings on the Condiment Bar

**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

**Daily Lunch Options & Breakfast Menu on back page.**
Daily Lunch Options: March, 2020

<table>
<thead>
<tr>
<th>Pizzeria</th>
<th>Formaggi (cheese), Pepperoni (pork &amp; beef pepperoni), and Pizza Specialty*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>*Pizza Specialty may include: Garden Delight, Hawaiian, Meat Lovers’ Heaven (pepperoni &amp; sausage), Margherita</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Burgs &amp; Sammies</th>
<th>Black Bean Burger, Cheeseburger, Hamburger, Fish Burger, and Spicy Chicken Burger - Served w/ Baked Thick-cut Fries (SunChips on Wednesdays)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Chicken Caesar Salad w/ Flatbread or Wheat Roll, Vegetarian Caesar Salad w/ Flatbread or Wheat Roll</td>
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<tr>
<td></td>
<td>Hummus Plate (Hummus, Assorted Veggies, Herb Pocket Bread or Flatbread &amp; Honey-roasted Sunflower Seeds)</td>
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<tr>
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<td>NEW! Chicken Salad Sandwich on Ciabatta Roll</td>
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</tbody>
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**Lunch includes a trip though our salad bar which features salad greens, crunchy vegetables, legumes, fresh, canned and dried fruit.**

High School Breakfast Menu – March, 2020

**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 28th, the men’s and women’s teams in the “Sweet Sixteen” round will be competing for the “Elite Eight” round. On Friday, March 27th, 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/