Bellevue School District Middle School Lunch Menu  
March, 2020

| Meal Prices: Lunch: $3.75, Reduced Price: $0.40, Milk ONLY: $0.50, Adults: $4.75 | Lunch includes a trip through our salad bar which features salad greens, crunchy vegetables, legumes, and fresh seasonal fruits. |

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Fish Basket: Breaded Alaska Pollock Wedge, Thick-cut Baked Fries, WW Roll, Tartar Sauce</td>
<td>3 Nacho: Seasoned Beef &amp;/or Veg. Refried Beans, Mucho Queso Sauce, WG Flour Tortilla Chips, Toppings on the Condiment Bar</td>
<td>4 Chicken &amp; Waffles, w/ Maple-flavored Syrup</td>
<td>5 Teriyaki-glazed Beef, Brown Rice, Edamame</td>
<td>6 Chicken A La King, Ancient Grain Pilaf</td>
</tr>
<tr>
<td>9 General Tso’s Chicken, Brown Rice, Steamed Broccoli</td>
<td>10 BBQ Pulled Pork Sandwich on a Pretzel Roll, Thick-cut Baked Fries, Coleslaw on the Salad Bar</td>
<td>11 Bagel’wich: Egg, Cheese &amp; Turkey Bacon or Egg, Cheese on a Whole Wheat Bagel, Hashbrown</td>
<td>12 Italian Meatballs, Penne Pasta, Garlic Bread</td>
<td>13 Roasted Chicken Legs, Potato au Gratin, Whole Wheat Roll</td>
</tr>
<tr>
<td>16 Chicken Basket: Breaded Chicken Tenders w/ Honey-mustard Dipping Sauce, Baked Fries, WW Roll</td>
<td>17 St. Patrick’s Day Reuben Sandwich: Corned Beef &amp; Swiss Cheese on a Pretzel Roll, Oven-baked Golden Fries</td>
<td>18 Turkey Deli Sandwich, SunChips</td>
<td>19 First Day of Spring Brunch Belgian Waffles, Strawberries &amp; Whipped Cream Topping, Turkey Sausages</td>
<td>20 Snow Make-up Day Chef’s Choice</td>
</tr>
<tr>
<td>23 Mandarin Orange Chicken, Brown Rice, Spicy Green Beans</td>
<td>24 Taco Tuesday Soft Taco: Seasoned Beef &amp;/or Veg. Refried Beans, Cheddar Cheese on a WG Flour Tortilla, Taco Toppings on the Condiment Bar</td>
<td>25 Croissant Sandwich: Egg &amp; Cheese, or Egg, Cheese &amp; Turkey Bacon, Hashbrown</td>
<td>26 Chow Mein Noodles w/ Beef &amp; Vegetables</td>
<td>27 March Madness Celebration Fowl Shot Wings w/ Honey Sriracha Sauce, Crunch Time Cornbread, Carrot &amp; Celery Sticks on the Salad Bar</td>
</tr>
</tbody>
</table>
| 30 General Tso’s Chicken, Brown Rice, Steamed Broccoli | 31 Nacho: Seasoned Beef &/or Veg. Refried Beans, Mucho Queso Sauce, WG Flour Tortilla Chips, 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.**

THIS IS AN EQUAL OPPORTUNITY PROVIDER.
Daily Lunch Options: March, 2020

**Pizzeria**
- Formaggi (cheese)
- Pepperoni (pork & beef pepperoni)
- and Pizza Specialty*

*Pizza Specialty may include: Garden Delight, Hawaiian, Meat Lovers’ Heaven (pepperoni & sausage), Margherita

**Burgs & Sammies**
- Black Bean Burger
- Cheeseburger
- Hamburger
- Fish Burger
- and Spicy Chicken Burger - Served w/ Baked Thick-cut Fries

**Grab’n Go**
- Chicken Caesar Salad w/ Flatbread or Wheat Roll
- Vegetarian Caesar Salad w/ Flatbread or Wheat Roll
- Hummus Plate
- NEW! Chicken Salad Sandwich on Ciabatta Roll

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

Middle School Breakfast Menu – March, 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Baked Cinnamon Roll</td>
<td>English Muffin Sandwich: Egg, Turkey Bacon &amp; Cheese or Egg &amp; Cheese</td>
<td>NEW! Breakfast Burrito (Cheese, Turkey Sausage &amp; Green Chile Salsa)</td>
<td>Freshly Baked Cinnamon Roll</td>
<td>WG Buttermilk Pancake w/ Turkey Sausage &amp; Syrup</td>
</tr>
</tbody>
</table>

**DAILY Choices:**
- Assorted Cereals
- Bagel & Cream Cheese
- Breakfast Bread Slices
- Breakfast Cinnamon Crumble Cake
- Maple Pancake-wrapped Turkey Sausage
- Yogurt Parfait

**Breakfast includes fresh, dried and/or canned fruits or fruit juice and your choice of milk.**

Nutrition News:

“Passport to Flavors of the World” - India → “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/