

# BELLEVUE SCHOOL DISTRICT MIDDLE SCHOOL MENU OCT 11-15, 2021



- Meals are FREE for all students during the 2021-22 school year.
- All lunch includes your choice of milk and at a minimum 1/2 cup of fruit and/or vegetables from the salad bar.



**MON**

**TUE**

**WED**

**THU**

**FRI**

**11**

**12**

**13**

**14**

**15**

**A:** Chicken Alfredo w/ Penne Pasta  
**B:** Vegetarian Alfredo w/ Penne Pasta both w/ Wheat Roll

Chicken Fried Steak Bites w/ Mashed Potatoes & Gravy, Wheat Roll

Bagel Sandwich w/ Hashbrown  
**A:** Egg, Cheese & Turkey Ham  
**B:** Egg & Cheese

**A:** Pineapple Fried Rice w/ Chicken & Eggs  
**B:** Vegetarian Pineapple Fried Rice w/ Edamame & Eggs

Mild Green Chili & Cheese Tamale w/ Veg. Refried Beans & Salsa

**Check Back on the October 18th-22nd Menu during the week of Oct 11th.**

**DAILY LUNCH ENTREES**



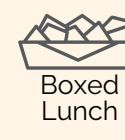
- Cheese
- Pepperoni (beef/pork)

by the Slice



w/ Baked Fries

- Black Bean Burger
- Cheeseburger
- Hamburger



Boxed Lunch

- Caesar Salad (Chicken/Cheese)
- Protein Box (Hummus, Cheese Cubes, Bread & Veggies)

**BREAKFAST:** LOCATIONS: CHINOOK\*, HIGHLAND, ODLE, TILlicum\* & TYEE\* (\*Pilot breakfast programs.)

- Breakfast includes milk and at a minimum 1/2 cup of fruit.
- Daily Breakfast Entrees: Assorted Cereals & Breakfast Bread Slice

**M**

Cinnamon Roll

**Tu**

Cheese Croissant

**W**

Yogurt Parfait w/ Granola

**Th**

Belgian Liege Waffle

**F**

English Muffin Sandwich (Egg & Cheese or Egg, Chs & Turkey Bacon)

Menu subject to change.

This institution is an equal opportunity provider.