



Bellevue School District Middle School Lunch Menu December 2011



Lunch Price ...\$3.25 • Reduced Price\$.40 • Milk ...\$.50				
Meatless Monday	Tuesday	Wednesday	Thursday	Friday
Milk Choices Include: rBST Free 1% White Nonfat White Nonfat Chocolate Lactose Free 1% Soy Milk 			1	2
Delicious Monday Cheese Enchiladas Refried Beans Fiesta Rice	Fish Taco Baked Fries Coleslaw	Meatball Hoagie	Hot Ham & Cheese Ciabatta Chicken Noodle Soup	Whole Wheat Pasta Sauce with Meatballs Fresh Blend Veggies Whole Wheat Breadstick
Baked Potato With Chili or Broccoli & Cheese Sauce	Teriyaki Beef Stir Fry Brown Rice* Stir Fried Vegetables	Fish Hoagie Ice Cream Cup	Cook's Choice	Cook's Choice
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL	WINTER	NO SCHOOL	BREAK	NO SCHOOL
NO SCHOOL	WINTER	NO SCHOOL	BREAK	NO SCHOOL

Salads of the Day (served with a Whole Wheat Roll):
 Chicken Caesar Salad, Garden Salad, or Hummus Plate

Menu is subject to change based on food availability.

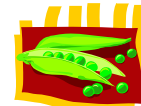


Featured Fruit, Vegetable, and Grain for December

* **Oranges**

* **Peas**

* **Brown Rice**



◆ ◆ ◆ Other Daily Entrée Choices ◆ ◆ ◆

Every Day: Pizza (V), Yogurt, Blueberry Mini Loaf, & String Cheese (V), Bean & Cheese Burrito

Tuesday - Friday: Spicy Chicken Sandwich, Fish Fillet Sandwich, Hamburgers, & Cheeseburgers *Whole Wheat bread is used on all Sandwiches and Burgers.*

Lunches include milk & a trip through our fresh salad bar!!!

Salad Bar Choices: Tossed Green Salad with leafy vegetables, Washington grown apples, a variety of Fresh/Dried/Canned fruit, & locally grown vegetables.

PLEASE NOTE: * Ham is the only pork items we use. Turkey bacon is used on the bacon cheeseburger. Items marked with a (V) are vegetarian choices. They may contain milk, milk products, or eggs. (They are not vegan.)



Bellevue School District Middle School Breakfast Menu 2011



Breakfast Price...\$2.75 Reduced Breakfast...Free Milk ...\$0.50

Breakfast is served at Chinook, Highland, Odle, & Tillicum 30 minutes before school starts.
Breakfast includes milk, fresh & canned fruit, and a variety of juice every day.



Daily Breakfast Choices:

- Egg & Cheese McBell
- Bagel, Cream Cheese & Jelly (V)
- Cold Cereal, Raisins & a Biscuit (V)
- Yogurt & Blueberry Mini Loaf

Also:

- Monday:** Frittata & Hash Browns (V)
- Tuesday:** French Toast Sticks & Sausage
- Wednesday:** Pizza Bagel (V)
- Thursday:** Breakfast Burrito
- Friday:** Pancakes & Sausage

Tues - Friday Breakfast Choices (in addition to above daily choices):

- Egg, Cheese, & Ham McBell
- Egg, Cheese & Sausage McBell

PLEASE NOTE: The Ham McBell on our Breakfast Menu contains pork. Items marked with a (V) are vegetarian choices. They may contain milk, milk products, or eggs. (They are not vegan.)

Menu is subject to change based on food availability.

Our menus meet the guidelines of the USDA National School Lunch and Breakfast Programs. Nutrition information is available upon request.

We're on the Web!

Our menus & nutrition information can be found at: www.bsd405.org and click on Nutrition Services

FRUIT, VEGETABLE, & GRAIN OF THE MONTH

Fruit: Oranges

- *Brazil grows the most oranges; the US grows the second most. The major producers of oranges in the US are California, Arizona, Texas, & Florida
- *Oranges are harvested from the winter to the early summer
- *Oranges are a great source of Vitamin C

Vegetable: Peas

- *Green Peas are higher in nutrients than their relatives, pea pods & sweet peas. One of these nutrients is protein
- *Peas grow in pods. The pods of green peas are very tough, so the peas are removed from their pods to be eaten
- *Garden peas, without their pods, are what you find frozen at the grocery store

Grain: Brown Rice

- *Rice is grown on every continent but Antarctica
- *There are over 40,000 different types of rice cultivated
- *The brown color of brown rice comes from the natural bran. The bran is removed to make white rice
- *The bran in brown rice gives it more nutrients than white rice, including B Vitamins and Fiber

PayPams

There will be **NO CHARGE** for parents to sign their students up with PayPams in order to check student balances or view cafeteria purchases. You only need their name and birthday. There **WILL** be a \$1.95 charge for each payment transaction. You may add money (minimum \$10.00) to your student's meal account using your Visa (debit or credit), Master Card, or Discover. Log on to www.paypams.com to make an electronic payment or call 1-888-994-5100 if you do not have Internet access. **If you choose not to use PAMS, we always accept payments by cash or check at the schools.**



Negative Balance phone calls will be made weekly by our automated phone system.



Questions: Nutrition Services: (425) 456-4507.