

# Bellevue School District Elementary School Menu

## AUGUST & SEPTEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Non-meat entrées may contain cheese &/or egg	<b>Meal Prices</b> Lunch: \$3.25 Reduced Price K-3: FREE Reduced Price PK & 4-5: \$0.40 Milk ONLY: \$0.50 Adults: \$4.25		<b>8/31</b> Tillamook Cheeseburger Potato Smiles Watermelon on Salad Bar	<b>9/1</b> Baja Fish Sticks Thick-cut Baked Fries Dinner Roll Coleslaw on Salad Bar
<b>4 Labor Day School Closed</b>	<b>5</b> Mandarin Orange Chicken Stir-fry Veggies Brown Rice	<b>6</b> Cheesy Garlic Rippers Marinara Dipping Sauce Caesar Salad on Salad Bar	<b>7</b> Chicken Nuggets Mashed Potatoes & Gravy Biscuit	<b>8 <i>Seahawks Tailgate</i></b> All-Beef <i>Hawk</i> Dog Thick-cut Baked Fries <i>Seahawks</i> Frozen Treat
<b>11</b> Italian Meatballs Penne Pasta Garlic Bread	<b>12</b> Teriyaki Chicken Green Beans Brown rice	<b>13</b> Deep-dish Pan Pizza – Turkey Pepperoni <u>or</u> Cheese Caesar Salad on Salad Bar	<b>14 <i>Harvest of the Month</i></b> BBQ Riblet Sandwich Potato Smiles <i>Plums/Pluots</i> on Salad Bar	<b>15</b> Roasted Chicken Legs Roasted Baby Potatoes Dinner Roll
<b>18</b> Chicken Alfredo Penne Pasta Dinner Roll	<b>19</b> Sweet & Sour Meatballs Stir-fry Veggies Brown Rice	<b>20</b> Cheese Stuffed Breadsticks Marinara Dipping Sauce Caesar Salad on Salad Bar	<b>21 <i>End of Summer BBQ</i></b> Cheeseburger Pasta Salad Watermelon on Salad Bar	<b>22 <i>Brunch for Lunch</i></b> Belgian Waffles Turkey Sausage Mixed Berries & Whipped Cream Topping
<b>25</b> Macaroni & Cheese Broccoli Dinner Roll	<b>26</b> Teriyaki Beef Green Beans Brown Rice	<b>27</b> French Bread Cheese Pizza Caesar Salad on Salad Bar	<b>28 <i>Harvest of the Month</i></b> Taco Salad w/ Seasoned Turkey, Cheese & Refried Beans <i>Nectarines</i> on Salad Bar	<b>29 <i>Birthday Celebration</i></b> Baja Fish Sticks Thick-cut Baked Fries B-day Mini Krispie Treat Coleslaw on Salad Bar

**Served Daily:** Bean & Cheese Burrito , Breaded Chicken Burger, Hamburger, Veggie Burger , and Picnic Lunch (Whole Wheat Bagel w/ Cream Cheese, Low-fat Yogurt & String Cheese) **Tu. & Th. Entrée:** Grilled Chicken Caesar Salad

**Milk Options** (available daily, included in lunch): 1% White; Non-fat Chocolate; Lactose free, and Ultra Soy milk



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




# Elementary School Breakfast Menu

## AUGUST & SEPTEMBER 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Maple Waffles 	Breakfast Sandwich: Turkey Ham & Cheese on Hawaiian Bun	Cinnamon French Toast w/ Scrambled Eggs 	WG Pancake-Wrapped Turkey Sausage Bites	Breakfast Burrito

Breakfast Entrées Available DAILY: Whole Wheat Bagel w/ Cream Cheese & Jam , Low-fat Yogurt & Fruit Muffin , and Assorted Whole Grain Cereals  (Multigrain Cherrios, Rice Chex, Cinnamon Rice Chex, and Rice Krispies)  
Breakfast includes fresh and/or canned fruit, 100% fruit juice, and milk (1% white & Lactose free).

### Nutrition News:

#### The 2017-18 Application for Free or Reduced Priced Meals

is available online in English, Spanish & Chinese.

<https://mealapps.bsd405.org>

**Applications must be renewed annually!**

*Families are responsible for the cost of meals served to students prior to an application being approved.*

#### How to Pay for Meals:

Nutrition Services uses **PayPAMS** for online payments.

Go to: <https://paypams.com> for more information

*There is a \$1.95 fee for each online transaction.*

You may also pay for meals by check or cash at your child's school.

#### DIGITAL School Menus



The **My School Menus™** mobile app allows parents and students to access menus and nutrition information for the school meal program directly from their smart phones and tablets.

Download the app at iTunes App Store or Google Play.

The digital menus allow you to:

- Translate the menu into over 75 languages.
- View nutritional information and ingredients for menu items.
- Filter food choices for the top 8 allergens.
- Determine the overall nutritional value of a meal (calories, carbohydrates, etc.), using "Build a Meal" feature, to meet personal dietary needs.

#### Bellevue School District is Hiring!

For more information, please visit: <http://www.bsd405.org/departments/hr/jobs/>