

Bellevue School District High School Lunch Menu

AUGUST & SEPTEMBER 2017



Meal Prices: Lunch: \$3.75, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.25










Monday	Tuesday	Wednesday	Thursday	Friday
Non-meat entrées may contain cheese &/or egg Entrée contains pork	Milk Options (available daily, included in lunch): 1% White, Non-fat Chocolate, Lactose free, and Ultra Soy milk.		8/31 Bellevue Burger Thick-cut Baked Fries Watermelon on Salad Bar	9/1 Nachos w/ Seasoned Turkey, Cheese & Refried Beans
4 Labor Day School Closed	5 Mandarin Orange Chicken Broccoli Brown Rice	6 EXPRESS LUNCH (Pizza, Burgers & Grab'n Go)	7 Fish Taco w/ Home-made Baja Cream Sauce	8 <i>Seahawks Tailgate</i> All-Beef Hawk Dog Curly Fries Seahawks Frozen Treat
11 Italian Meatballs Penne Pasta Garlic Bread	12 Teriyaki Chicken Spicy Green Beans Brown rice	13 EXPRESS LUNCH (Pizza, Burgers & Grab'n Go)	14 <i>Harvest of the Month</i> Beef Bahn Mi w/ Home-made Veggie Pickles <i>Plums/Pluots</i> on Salad Bar	15 Chicken Fajitas w/ Bell Peppers & Onion WG Tortilla
18 Chicken Alfredo Penne Pasta Dinner Roll	19 Gen. Tso's Chicken Broccoli Brown Rice	20 EXPRESS LUNCH (Pizza, Burgers & Grab'n Go)	21 <i>End of Summer BBQ</i> Korean BBQ Burger Thick-cut Baked Fries Watermelon on Salad Bar	22 Five Cheese Lasagna Garlic Bread
25 Swedish Meatballs Penne Pasta Garlic Bread	26 Chili-Garlic Chicken Noodle Broccoli & Bell Peppers	27 EXPRESS LUNCH (Pizza, Burgers & Grab'n Go)	28 <i>Harvest of the Month</i> Taco Salad w/ Seasoned Turkey, Cheese & Refried Beans <i>Nectarines</i> on Salad Bar	29 Roasted Chicken Legs Potato au Gratin Green Beans Dinner Roll

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

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!

Alternative Lunch Choices: August-September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Pizzeria			Quattro Formaggi  (four cheese)		
	Meat Lovers' Heaven (pepperoni & sausage)	Buffalo Chicken	Meat Lovers' Heaven (pepperoni & sausage)	Buffalo Chicken	Hawaiian 
	Margherita 		Garden Delight 		
Burgs & Sammies Served w/ Baked Fries			Spicy Chicken Burger		
			Cheeseburger		
			Veggie Burger 		
	Aloha Burger	Hamburger	Hamburger	Hamburger	Fish-melt Sandwich
Grab'n Go	Picnic Lunch (Low-fat Yogurt, Bagel w/ Cream Cheese & Honey-roasted Sunflower Seeds) 				
	Caesar Salad w/ Grilled Chicken & Herb Bread				
	Plant Power Pack Lunch (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 				
Salad of the Month	Fiesta Salad  w/ Cheese Cornbread		Fiesta Salad  w/ Cheese Cornbread		

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<h3>High School Breakfast Menu</h3> <h2>AUGUST & SEPTEMBER 2017</h2>	Breakfast Offered at: Bellevue, Interlake, Newport, and Sammamish
	Meal Prices: Breakfast: \$2.75, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Maple Waffles  Breakfast Burrito	Breakfast Wrap Sandwich: Egg, Ham & Cheese <u>or</u> Egg & Cheese 	Cinnamon French Toast w/ Turkey Sausage	Croissant Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 	Bagel Sandwich: Egg, Ham & Cheese <u>or</u> Egg & Cheese 
Breakfast Entrées Available DAILY: Yogurt Parfait, Whole Wheat Bagel w/ Cream Cheese & Jam  , Yogurt & Fruit Muffin  , Seasonal Sliced Breakfast Bread  , Cinnamon Crumble Coffee Cake  Breakfast includes fresh and/or canned fruit, 100% fruit juice, and your choice of milk				

- ❖ **Online Meal Payment Available using PayPAMS!** Visit <https://paypams.com> for more information. There's 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** – Nutrition and allergens/ingredients information at your fingertips. Download the App 'My School Menus™' or go to <http://www.healtheliving.net/instance/2043027/district/21>

THIS IS AN EQUAL OPPORTUNITY PROVIDER.