

# Bellevue School District Middle School Lunch Menu

## DECEMBER, 2017



**Meal Prices:** Lunch: \$3.50, Reduced Price: \$0.40, Milk ONLY: \$0.50, Adults: \$4.25

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Milk Options</b> (available daily, included with lunch): 1% White, Non-fat Chocolate, Lactose Free, and Ultra Soy Milk.</p>		<p><b>Label</b>   Non-meat entrées may contain cheese &amp;/or egg   Vegan entrées   Entrée contains pork</p>		<p><b>1 Seahawks Tailgate</b> All-Beef Hawk Dog Curly Fries Seahawks Frozen Treat</p>
<p><b>4</b> Chicken Alfredo or Vegetarian Alfredo  Penne Pasta Whole Wheat Roll</p>	<p><b>5</b> Gen. Tso's Chicken Brown Rice Steamed Broccoli</p>	<p><b>6</b> NY-style Bagel SW: Turkey Bacon, Cheese &amp; Egg or Cheese &amp; Egg  Hashbrown</p>	<p><b>7 Harvest of the Month</b> <b>Three-Bean Veg. Chili</b>  &amp; Caesar Salad  Cheese Cornbread </p>	<p><b>8</b> Roasted Chicken Legs Potato au Gratin Green Beans Whole Wheat Roll</p>
<p><b>11</b> Italian Meatballs or Vegetarian Marinara  Penne Pasta Garlic Bread</p>	<p><b>12</b> Tomato Soup Cheese-stuffed Breadsticks Caesar Salad on Salad Bar</p>	<p><b>13</b> Dutch Waffle w/ Warm Cinnamon Apples Scrambled Eggs &amp;/or Turkey Sausage</p>	<p><b>14</b> <b>Chef's Choice</b></p>	<p><b>15</b> <b>Chef's Choice</b></p>
<p><b>18</b>                      <b>19</b>                      <b>20</b>                      <b>21</b>                      <b>22</b></p> <p style="font-size: 2em; opacity: 0.5;">Bellevue schools closed for Winter Break!</p>				
<p><b>25</b>                      <b>26</b>                      <b>27</b>                      <b>28</b>                      <b>29</b></p> <p style="font-size: 2em; opacity: 0.5;">Schools will reopen Tuesday, January 2, 2018</p>				

*\*\*Lunch includes a trip through 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.

<http://mealapps.bsd405.org> – Applications must be renewed annually!

## Alternative Lunch Choices: DECEMBER, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizzeria</b>	Offered Daily: <b>Quattro Formaggi</b> (four cheese) 🌿				
	Offered Daily: <b>Pepperoni</b>				
	Offered Daily: <b>Pizza Specialty</b> - May include: Buffalo Chicken, Garden Delight 🌿, Hawaiian 🍌, Meat Lovers' Heaven (pepperoni & sausage) 🍌, Margherita 🌿				
<b>Burgs &amp; Sammies</b>	<b>Offered Daily:</b> Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger 🌿 Served w/ Baked Fries				
<b>Grab'n Go</b>	Picnic Lunch (Low-fat Yogurt, Bagel w/ Cream Cheese & Honey-roasted Sunflower Seeds) 🌿				
	Caesar Salad w/ Grilled Chicken & Herb Bread				
	Hummus Plate (Hummus, Crunchy Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 🌿				
<b>Special of the Month</b>	Egg & Cheese Platter 🌿 Hard Boiled Egg, Cheddar Cheese, Veggies & Flatbread		Egg & Cheese Platter 🌿 Hard Boiled Egg, Cheddar Cheese, Veggies & Flatbread		

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

Middle School Breakfast Menu DECEMBER, 2017	Breakfast Offered at Odle & Highland
<b>Meal Prices:</b> Breakfast: \$2.50, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25	

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast w/ Turkey Sausage	Biscuit Sandwich: Egg, Ham & Cheese 🍌 <u>or</u> Egg & Cheese 🌿	Cheese & Poblano 🌿 Quesadilla Roll-up	Croissant Sandwich: Egg, Turkey Bacon & Cheese <u>or</u> Egg & Cheese 🌿	Bagel Sandwich: Egg, Turkey Sausage & Cheese <u>or</u> Egg & Cheese 🌿
Breakfast Entrées Available DAILY: Yogurt Parfait 🌿, Whole Wheat Bagel w/ Cream Cheese & Jam 🌿, Seasonal Sliced Breakfast Bread 🌿, Cinnamon Crumble Coffee Cake 🌿				
Breakfast includes fresh and/or canned fruit, 100% fruit juice, and your choice of milk				

### Nutrition News:

**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>

**Bellevue School District is Hiring!** Please view job posts and apply online at: <http://www.bsd405.org/departments/hr/jobs/>

THIS IS AN EQUAL OPPORTUNITY PROVIDER.