








# Bellevue School District High School Lunch Menu

## JANUARY, 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Winter Break Continues	<b>2</b> BBQ Beef Riblet SW Thick-cut Baked Fries	<b>3</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>4</b> Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	<b>5</b> Chicken Pot 'Volcano' in an Eat-a-bowl Bread
<b>8</b> Italian Meatballs or Vegetarian Marinara  Penne Pasta Garlic Bread	<b>9</b> Gen. Tso's Chicken Brown Rice Steamed Broccoli	<b>10</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>11 Harvest of the Month</b> BBQ Pulled Pork Sandwich on Pretzel Roll Thick-cut Baked Fries <b>Apple Slaw</b> on Salad Bar	<b>12</b> Chicken Fried Steak, Mashed Potatoes, Country Gravy, Green Beans Whole Wheat Roll
<b>15</b> MLK Jr. Holiday No School Today	<b>16</b>  Tomato Soup Cheese-stuffed Breadsticks  Caesar Salad on Salad Bar	<b>17</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>18</b> Breaded Chicken Tenders & Thick-cut Baked Fries w/ Honey-mustard Sauce Whole Wheat Roll	<b>19</b> Nachos w/ Seasoned Beef &/or Veg. Refried Beans  , Cheese Sauce
<b>22</b>  Five Cheese Lasagna Garlic Bread	<b>23</b> Mandarin Orange Chicken Brown Rice Steamed Broccoli	<b>24</b> Chef's Choice	<b>25</b> Chef's Choice	<b>26</b> Chef's Choice
<b>1st Semester Final Exams</b>				
<b>29</b> No School Today	<b>30</b> Philly Cheesesteak SW Thick-cut Baked Fries	<b>31</b> EXPRESS LUNCH (Pizza, Burgs & Grab'n Go)	<b>Label</b>  Non-meat entrées may contain cheese &/or egg  Vegan entrées  Entrée contains pork	

**Milk Options** (available daily, included with 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.\*\**

Alternative lunch choices & breakfast menu on the back page.

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## Alternative Lunch Choices: JANUARY, 2018

	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 (SunChips on Wednesdays)				
<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, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 🌿				
<b>Special of the Month</b>	Egg & Cheese Platter 🌿 Hard Boiled Egg, Cheddar Cheese, Veggies & Bread		Egg & Cheese Platter 🌿 Hard Boiled Egg, Cheddar Cheese, Veggies & Bread		

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

High School Breakfast Menu JANUARY, 2018	Breakfast Offered at Bellevue, Interlake, Newport & Sammamish
<b>Meal Prices:</b> Breakfast: \$2.75, Reduced Price: FREE, Milk ONLY: \$0.50, Adults: \$3.25	

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Poblano Quesadilla 🌿  Bagel Sandwich: Egg, Turkey Sausage & Cheese <u>or</u> Egg & Cheese 🌿	Breakfast Wrap: Egg, Ham & Cheese 🍕 <u>or</u> Egg & Cheese 🌿	French Toast 🌿 w/ Turkey Sausage  Bagel Sandwich: Egg, Turkey Sausage & Cheese <u>or</u> Egg & Cheese 🌿	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/>

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