









Bellevue School District Middle School Lunch Menu

JANUARY, 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break Continues	2 BBQ Beef Riblet SW Thick-cut Baked Fries	3 Biscuit & Gravy w/ Scrambled Eggs &/or Turkey Sausage Hashbrown	4 Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	5 Chicken Pot 'Volcano' in an Eat-a-bowl Bread
8 Italian Meatballs or Vegetarian Marinara  Penne Pasta Garlic Bread	9 Gen. Tso's Chicken Brown Rice Steamed Broccoli	10 Croissant Sandwich: Turkey Bacon, Cheese & Egg or Cheese & Egg  Hashbrown	11 BBQ Pulled Pork Sandwich on Pretzel Roll Thick-cut Baked Fries Coleslaw on the Salad Bar	12 Chicken Fried Steak w/ Country Gravy, Mashed Potatoes, Green Beans, Whole Wheat Roll
15 MLK Jr. Holiday No School Today	16  Tomato Soup Cheese-stuffed Breadsticks Caesar Salad on Salad Bar	17 Belgian Waffles w/ Mixed Berries, Whipped Cream Topping Turkey Sausage	18 Nachos w/ Seasoned Beef &/or Veg. Refried Beans, Cheese Sauce	19 Breaded Chicken Tenders & Thick-cut Baked Fries w/ Honey-mustard Sauce, Whole Wheat Roll
22  Five Cheese Lasagna Garlic Bread	23 Mandarin Orange Chicken Brown Rice Steamed Broccoli	24 NY-style Bagel Sandwich: Turkey Bacon, Cheese & Egg or Cheese & Egg  Hashbrown	25 Harvest of the Month Fish & Chips w/ Tartar Sauce Lemon Wedge Apple Slaw on the Salad Bar	26 Turkey & Gravy Mashed Potatoes Green Peas & Carrots Whole Wheat Roll
29 No School Today	30 Philly Cheesesteak SW Thick-cut Baked Fries	31 Dutch Waffle w/ Warm Cinnamon Apples Scrambled Eggs, Turkey Sausage	Label  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.

THIS IS AN EQUAL OPPORTUNITY PROVIDER.

Alternative Lunch Choices: JANUARY, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Pizzeria	Offered Daily: Quattro Formaggi (four cheese) 🌿				
	Offered Daily: Pepperoni				
	Offered Daily: Pizza Specialty - May include: Buffalo Chicken, Garden Delight 🌿, Hawaiian 🍕, Meat Lovers' Heaven (pepperoni & sausage) 🍕, Margherita 🌿				
Burgs & Sammies	Offered Daily: Cheeseburger, Fish Burger, Hamburger, Spicy Chicken Burger, and Veggie Burger 🌿 Served w/ Baked Fries (SunChips on Wednesdays)				
Grab'n Go	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) 🌿				
Special of the Month	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. ***

Middle School Breakfast Menu JANUARY, 2018	Breakfast Offered at Odle & Highland
Meal Prices: 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/>