

Bellevue School District Elementary School Menu

FEBRUARY, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices Lunch: \$3.25 Reduced Price K-3: FREE Reduced Price PK & 4-5: \$0.40		Label: Non-meat entrées may contain cheese &/or egg	1 Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese	2 Super Bowl LII Tailgate All-Beef Hot Dog Curly Fries Coleslaw on the Salad Bar
5 Chicken Alfredo or Vegetarian Alfredo Penne Pasta Whole Wheat Roll	6 Teriyaki Chicken Brown Rice Green Beans	7 Cheese-stuffed Breadsticks Marinara Dipping Sauce Caesar Salad on Salad Bar	8 Brunch for Lunch Dutch Waffle w/ Warm Cinnamon Apples Scrambled Eggs	9 Tillamook Cheeseburger Potato Smiles
12 Italian Meatballs or Vegetarian Marinara Penne Pasta Whole Grain Cookies	13 Fish & Chips: Fish Sticks & Baked Fries Whole Wheat Roll Coleslaw on the Salad Bar	14 Valentine's Day Special Belgian Waffles w/ Strawberries & Whipped Cream Topping, Turkey Sausage	15 Chef's Choice	16 Chinese New Year Mandarin Orange Chicken Brown Rice Stir-fry Veggies Fortune Cookie
19	20	21	22	23
Bellevue Schools Closed for Mid-Winter Break				
26 Birthday Celebration Macaroni & Cheese Steamed Broccoli Whole Wheat Roll WG Krispie Treats	27 Chicken Nuggets Potato Smiles Whole Wheat Roll	28 Deep Dish Pan Pizza – Hawaiian or Cheese Caesar Salad on Salad Bar	February Harvest of the Month Fun Fact: A cow can produce approx. 7 gallons of milk a day, which is equal to 112 cartons of milk that you see in your school cafeteria. How many cows do you need to have enough milk for everyone in your school?	

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)

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

FEBRUARY, 2018

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

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Mini Maple Waffles 	Breakfast Sandwich: Turkey Ham & Cheese on Hawaiian Bun	French Toast Sticks  w/ Scrambled Eggs	WG Pancake-Wrapped Turkey Sausage Bites	Mini Banana Pancakes 

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: Bellevue School District is Hiring!



Are you looking for work with a flexible schedule? Full time or part time? The Bellevue School District is looking to hire for educational and instructional assistants, para educators, as well as kitchen assistants for Nutrition Services. No prior experience needed! We will provide the training and resources for you. Please apply online at:

<http://www.bsd405.org/departments/hr/jobs/>

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.