













Bellevue School District Middle School Lunch Menu

FEBRUARY, 2018



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>February Harvest of the Month Fun Fact: Washington State's dairy farming tradition began in Walla Walla in 1836 with 16 cows. Today, WA boasts about 480 dairy farms and about 262,000 cows. 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.</p> 			<p>1 Soft Taco w/ Seasoned Beef, Veg. Refried Beans &/or Cheese</p>	<p>2 Super Bowl LII Tailgate Chili Dog Curly Fries  Coleslaw on the Salad Bar</p>
<p>5 Chicken Pot 'Volcano' in an Eat-a-bowl Bread</p>	<p>6 Gen. Tso's Chicken Brown Rice Steamed Broccoli</p>	<p>7 Croissant Sandwich: Turkey Bacon, Cheese & Egg <u>or</u> Cheese & Egg  Hashbrown</p>	<p>8 BBQ Pulled Pork Sandwich on Pretzel Roll  Thick-cut Baked Fries Coleslaw on the Salad Bar</p>	<p>9 Roast Turkey w/ Mashed Potatoes & Gravy Green Beans Whole Wheat Roll</p>
<p>12 Chicken Alfredo <u>or</u> Vegetarian Alfredo Penne Pasta Whole Wheat Roll </p>	<p>13 Tomato Soup w/ Cheese-stuffed Breadsticks Caesar Salad on the Salad Bar </p>	<p>14 Valentine's Day Belgian Waffles w/ Strawberries & Whipped Cream Topping, Turkey Sausage </p>	<p>15 Chef's Choice</p>	<p>16 Chinese New Year Mandarin Orange Chicken Brown Rice Steamed Broccoli Fortune Cookie </p>
19	20	21	22	23
Bellevue Schools Closed for Mid-Winter Break				
<p>26 Five Cheese Lasagna Garlic Bread </p>	<p>27 Philly Cheesesteak Sandwich Thick-cut Baked Fries</p>	<p>28 Biscuit & Gravy w/ Scrambled Eggs &/or Turkey Sausage Hashbrown</p>	<p>Label  Non-meat entrées may contain cheese &/or egg  Vegan entrées  Entrée contains pork</p>	

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: FEBRUARY, 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	Offered Daily: Yogurt Lunch (Low-fat Yogurt, Bagel w/ Cream Cheese & Honey-roasted Sunflower Seeds) 🌿				
	Offered Daily: Caesar Salad w/ Grilled Chicken & Herb Bread				
	Offered Daily: Hummus Plate (Hummus, Assorted Veggies, Pocket Bread & Honey-roasted Sunflower Seeds) 🌿				
Special of the Month	Oriental Chicken Salad w/ Sesame Ginger Dressing		Oriental Chicken Salad w/ Sesame Ginger Dressing		

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

Middle School Breakfast Menu FEBRUARY, 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 🍕 or Egg & Cheese 🌿	Cheese & Poblano Quesadilla Roll-up 🌿	Croissant Sandwich: Egg, Turkey Bacon & Cheese or Egg & Cheese 🌿	Bagel Sandwich: Egg, Turkey Sausage & Cheese or 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/>