



Nutrition Services Bellevue School District


Middle School Lunch Menu September 2024

This is an equal opportunity provider.
Menus are subject to change.

Daily

Burger with Baked Fries: Spicy Chicken, Cheeseburger, Hamburger & Breaded Kickin' Burger (v)
Pizza: Cheese (v) & Pepperoni (*contains pork*)
Grab n Go: Deli Turkey & Cheese Sub, Cheese Trio Sub (v), Sunbutter & Jelly SW + String Cheese (v)
Hand-Wrapped Burrito: Green Chili Bean & Cheese (v) with Baked Fries
 (v) indicates Vegetarian Entrée option which may contain egg and/or cheese

Lunch includes your choice of milk & a trip through the salad bar featuring a variety of fruits & vegetables.

Monday	Tuesday	Wednesday	Thursday	Friday
02 Labor Day No School	03 A. Crispy Chicken Tenders B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll	04 Dutch Waffle with Warm Spiced Apples & A. Turkey Sausage B. Cheese Omelet (v)	05 Italian Beef Meatballs with Penne Pasta & Garlic Bread	06 Scratch-made! A. Butter Chicken B. Butter Chickpeas (v) over Rice
09 Battered Alaskan Pollock Wedge with Baked Fries, Wheat Roll & Tartar Sauce	10  Mariners vs. Padres Nachos! A. Seasoned Beef & Beans B. Refried Beans (v) with Jalapeno Cheese Sauce & WG Tortilla Chips	11 Mac 'n Cheese (v) with Steamed Broccoli & Wheat Roll	12 <i>Gluten Free</i> Teriyaki Chicken with Steamed Green Beans & Sticky Brown Rice	13  Storm vs. Sparks Showdown Bone-in Chicken Wings with Cornbread & BBQ or Buffalo Wing Sauce
16 A. Chicken Alfredo B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread	17 BBQ Pulled Pork Sandwich with Baked Beans & Coleslaw	18 Toasty Bagel Sandwich A. Turkey Bacon, Egg & Cheese B. Egg & Cheese (v) with Hashbrown Patty	19 Breaded Chicken Leg & Waffle with Warm Apple Compote	20  Seahawks Tailgate! A. Turkey Bacon Cheeseburger B. Veggie Burger (v) with Baked Fries & Bellevue Sauce
23 Mashed Potato Bowl with Chicken, Corn, Wheat Roll & Gravy	24 Mandarin Orange Chicken with Steamed Broccoli & Sticky Brown Rice	25 Garlic Cheese Toast (v) with Marinara Dipping Sauce	26 Breaded Chicken Katsu Sandwich with Baked Fries	27 Local! Scratch-made! Braised Beef Birria with Warm Corn Tortillas & Seasoned Black Beans

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A. Crispy Chicken Tenders
B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll

Highlights from Nutrition Services

Welcome! Nutrition Services has some exciting projects to watch out for this year! We were awarded grant funding from Washington State Department of Agriculture to expand our **Farm to School** initiatives in SY24-25. Keep an eye out for Washington watermelon, berries, beef, and possibly salmon!

We are also excited to be launching a new sustainability initiative – **Lean & Green**. Lean & Green days will feature a new meatless entrée to showcase even more delicious plant-forward foods! Eating less meat will help reduce our carbon footprint and can offer many potential health benefits! It's a win-win! Join us for our first **Lean & Green** day next month.



Middle School Breakfast Menu September 2024

Breakfast offered at ALL Middle Schools!

Breakfast includes your choice of milk & a trip through the salad bar featuring a variety of fruits.

(v) Indicates vegetarian entrée items which may contain egg and/or cheese

Monday

Fresh Baked French Toast (v)

Tuesday

Bagel Sandwich
A. Turkey Sausage, Egg & Cheese
B. Egg & Cheese (v)

Wednesday

Fruit-topped Yogurt Parfait & Graham Crackers

Thursday

Cheesy Italian Bagel (v)

Friday

Bagel Sandwich
A. Turkey Sausage, Egg & Cheese
B. Egg & Cheese (v)

Offered Daily: Assorted Cereal (v); Banana Bread (v); Sunrise Calzone with Turkey Sausage, Egg & Cheese; and Cinnamon Roll (v)

Check out the **Digital Menu** for Nutrition, Allergen, and Ingredient information! Or download the **My School Menus** mobile app. The menu is translated into over 75 languages!



Complete your **Application for Free or Reduced Priced Meals** today!
Available at www.bsd405.org/freeandreduced
Applications must be renewed annually.

How to Pay for Meals:
Nutrition Services uses **PayPams** for online payments. Go to: <https://paypams.com> for more information.

*There is a \$2.95 fee per family for credit card payments. **NEW!** PayPams will now accept Direct Withdrawals from a bank account. This option has a \$1.95 transaction fee. You may also pay for meals by check (payable to Bellevue School District) or cash at your child's school.*

We're Hiring Kitchen Assistants!

- Work during the school schedule
- Paid holidays!
- \$21.37 starting hourly rate
- Full benefits offered with 17.5 hours/week
- Apply online at <https://bsd405.tedk12.com/hire>