



Nutrition Services Bellevue School District

High 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) & Meat Lovers (contains pork)
Grab n Go: Deli Turkey & Cheese Sub w/ Multigrain Chips, Cheese Trio Sub (v) w/ Multigrain Chips, Sunbutter & Jelly SW + String Cheese (v)
Boxed Salad: Chicken Caesar, Mozzarella Caesar (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

02
Labor Day
No School

Tuesday

03
A. Crispy Chicken Tenders
B. Kickin' Nuggets (v) with Baked Fries, Wheat Roll & Honey Mustard

Wednesday

04
Chicken Corndog with Baked Fries


Thursday

05
Italian Beef Meatballs with Penne Pasta & Garlic Bread

Friday


06
Scratch-made!
A. Butter Chicken
B. Butter Chickpeas (v) over Rice

09
Battered Alaskan Pollock Wedge with Baked Fries, Wheat Roll & Tartar Sauce

 **Mariners vs. Padres Nachos!**
10
A. Seasoned Beef & Beans
B. Refried Beans (v) with Jalapeno Cheese Sauce & WG Tortilla Chips

11
Deluxe Grilled Chicken Burger with Baked Fries

12
Gluten Free Teriyaki Chicken with Steamed Green Beans & Sticky Brown Rice

 **Storm vs. Sparks Showdown**
13
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
Mozzarella & Turkey Pepperoni Stuffed Calzone with Garlic Bread

19
Breaded Chicken Leg & Waffle with Warm Apple Compote

 **Seahawks Tailgate!**
20
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

Local! Scratch-made!
27
Braised Beef Birria with Warm Corn Tortillas & Seasoned Black Beans

30
A. Crispy Chicken Tenders
B. Kickin' Nuggets (v) with Baked Fries, Wheat Roll & Honey Mustard

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.



Nutrition Services Bellevue School District

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

High School Breakfast Menu September 2024

Breakfast Locations: Bellevue High, Interlake,
Newport High, Sammamish

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

Sunrise Calzone with Turkey Sausage, Egg & Cheese

Wednesday

Fruit-topped Yogurt Parfait & Graham Crackers

Thursday

Cheesy Italian Bagel (v)

Friday

Sunrise Calzone with Turkey Sausage, Egg & Cheese

Offered Daily: Assorted Cereal (v); Banana Bread (v); Bagel Sandwich with Turkey Sausage, Egg & Cheese; Bagel Sandwich with Egg & Cheese (v), 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>