



# Nutrition Services Bellevue School District

## Elementary Lunch Menu October 2024

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

**Daily Lunch Entrée Choices:**  
Hand-wrapped Bean & Cheese Burrito (v)  
Breaded Chicken Burger  
Sunbutter & Jelly Sandwich + String Cheese (v)  
*(v) Indicates vegetarian entrée item which may contain eggs and/or cheese*

Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
	01 Chicken & Vegetable Dumplings with Green Beans & Teriyaki Glaze	02 <b>Taste Washington Day!</b> Belgian Waffle with Strawberry Compote & Cheese Omelet (v)	03 Cheese Pizza Slice (v)	04 <b>Scratch-made!</b> A. Butter Chicken B. Butter Chickpeas (v) with Warm Flatbread
07 Gluten Free Teriyaki Chicken with Steamed Green Beans & Brown Rice	08 A. Crispy Fish Nuggets B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll	09 Mac 'n Cheese (v) with Steamed Broccoli & Wheat Roll	10 Mozzarella-stuffed Breadsticks (v) with Marinara Dipping Sauce	11 <b>Professional Development Day</b> No School
14 A. Chicken Alfredo B. Vegetarian Alfredo (v) with Penne Pasta & Breadstick	15 <b>Nachos!</b> A. Seasoned Beef & Beans B. Black Beans (v) with Cheddar Cheese & WG Tortilla Chips	16 WG Pancakes with Strawberry Compote & Cheese Omelet (v)	17 French Bread Cheese Pizza (v)	18 A. Roasted Chicken Leg B. Kickin' Nuggets (v) with Mashed Potatoes & Wheat Roll
21 Italian Beef Meatballs with Penne Pasta & Breadstick	22 Mandarin Orange Chicken with Steamed Broccoli & Brown Rice	23 Soft Pretzel with Dippable Cheese Sauce (v) and String Cheese (v)	24 Garlic Cheese Ripper (v) with Marinara Dipping Sauce	25 A. Turkey Hot Dog B. Veggie Burger (v) with Potato Smiles
28 A. Crispy Chicken Tenders B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll	29  <b>LEAN &amp; GREEN</b> Black Bean & Cheese Empanada (v) with Corn & Salsa	30 Dutch Waffle with Warm Spiced Apples & Cheese Omelet (v)	31 Cheese Pizza Slice (v)	

 **LEAN & GREEN** days feature a new meatless entree!

Taste Washington Day will feature local grapes from Hima Farm & Nursery in Snohomish, WA



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## Elementary Breakfast Menu October 2024

Breakfast Locations: Ardmore, Clyde Hill, Enatai, Lake Hills, Newport Heights, Phantom Lake, Sherwood Forest, Spiritridge & Stevenson

*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

**Mini Maple Waffles**  
(v)

### Tuesday

**Fresh Baked French Toast** (v)

### Wednesday

**Whole Grain Bagel with Cream Cheese**  
(v)

### Thursday

**Pancake Wrapped Turkey Sausage**

### Friday

**Cheesy Italian Bagel**  
(v)

**Offered Daily:** *Kid's Choice* - Select 1-2 items from Low-fat (Gelatin-free) Yogurt, Whole Grain Blueberry Muffin, Assorted Whole Grain Cereals (WG Cheerios, Gluten-Free Cinnamon Chex, WG Cinnamon Toast Crunch), and Whole Grain Bunny Crackers

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](http://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>