



# Nutrition Services Bellevue School District

## Middle School Lunch Menu October 2024

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

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




### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

	<b>01</b> Italian Beef Meatballs with Penne Pasta & Garlic Bread	<b>Taste Washington Day! 02</b> Belgian Waffle with Fruit Compote & A. Turkey Sausage B. Cheese Omelet (v)	<b>03</b> <b>Scratch-made!</b> A. Butter Chicken B. Butter Chickpeas (v) over Rice	<b>04</b> Chili Cheese Turkey Dog with Baked Tater Tots
<b>07</b> Battered Alaskan Pollock Wedge with Baked Fries, Wheat Roll & Tartar Sauce	<b>08</b> <i>Gluten Free</i> Teriyaki Chicken with Steamed Green Beans & Sticky Brown Rice	<b>09</b> Mac 'n Cheese (v) with Steamed Brussels Sprouts & Wheat Roll	 <b>Seahawks Tailgate! Nachos!</b> <b>10</b> A. Seasoned Beef & Beans B. Refried Beans (v) with Jalapeno Cheese Sauce & WG Tortilla Chips	<b>11</b> <b>Professional Development Day</b> No School
<b>14</b> A. Chicken Alfredo B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread	<b>15</b> Chipotle Pulled Pork Torta with Baked Fries	<b>16</b> Toasty Bagel Sandwich A. Turkey Bacon, Egg & Cheese B. Egg & Cheese (v) with Hashbrown Patty	<b>17</b> Breaded Chicken Leg & Waffle with Warm Apple Compote	 <b>Sounders vs. Timbers!</b> <b>18</b> Bone-in Chicken Wings with Cornbread & BBQ or Buffalo Wing Sauce
<b>21</b> Mashed Potato Bowl with Swedish Meatballs & Wheat Roll	<b>22</b> Mandarin Orange Chicken with Steamed Broccoli & Sticky Brown Rice	<b>23</b> Garlic Cheese Toast (v) with Marinara Dipping Sauce	<b>24</b> <b>Local! Scratch-made!</b> Braised Beef Birria with Warm Corn Tortillas & Seasoned Black Beans	<b>25</b> <b>Scratch-made!</b> Protein Packed Chili (v) with WG Tortilla Chips & Fixin's
<b>28</b> A. Crispy Chicken Tenders B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll	 <b>LEAN &amp; GREEN 29</b> <b>Plant Powered</b> Falafel (v) with Creamy Hummus (v), Flatbread & Tzatziki Sauce	<b>30</b> Dutch Waffle with Warm Spiced Apples & A. Turkey Sausage B. Cheese Omelet (v)	<b>31</b> Italian Beef Meatballs with Penne Pasta & Garlic Bread	



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

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



## Middle School Breakfast Menu October 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](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>