



Nutrition Services Bellevue School District

High 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) & Meat Lovers (contains pork)
Grab n Go: Deli Turkey & Cheese Sub, Cheese Trio Sub (v), 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

Monday

Tuesday

Wednesday

Thursday

Friday

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



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High School Breakfast Menu October 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>