



Nutrition Services Bellevue School District

Middle School Lunch Menu November 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 Ham & 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**

04
Battered Alaskan Pollock Wedge with Baked Fries, Wheat Roll & Tartar Sauce

05
Nachos!
A. Seasoned Beef & Beans
B. Refried Beans (v) with Jalapeno Cheese Sauce (v) & WG Tortilla Chips

06
Mac 'n Cheese (v) with Steamed Brussels Sprouts & Wheat Roll

07
Gluten Free Teriyaki Chicken with Steamed Green Beans & Sticky Brown Rice

08
Chicken & Vegetable Dumpling Soup

11
Veteran's Day
No School

12
A. Chicken Alfredo
B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread

13
Toasty Bagel Sandwich
A. Turkey Bacon, Egg & Cheese
B. Egg & Cheese (v) with Hashbrown Patty

14
Breaded Chicken Leg & Waffle with Warm Apple Compote

15
Chili Cheese Turkey Dog with Baked Tater Tots

18
LEAN & GREEN
Plant Powered Sizzling Burrito Bowl (v) with Queso Blanco (v) & Salsa

19
Mandarin Orange Chicken with Steamed Broccoli & Sticky Brown Rice

20
Garlic Cheese Toast (v) with Marinara Dipping Sauce

21
Breaded Chicken Katsu Sandwich with Baked Fries

22
Thanksgiving Special!
Roasted Turkey with WA Grown Potatoes, Wheat Roll, Gravy & Pumpkin Spice Cookie

25
A. Turkey Bacon Cheeseburger
B. Veggie Burger (v) with Baked Fries & Bellevue Sauce

26
Chef's Choice

27
Chef's Choice

28
Thanksgiving
No School

29
Thanksgiving
No School



LEAN & GREEN days feature a new meatless entree!

Our Thanksgiving Special will feature local potatoes from First Cut Farms in Mount Vernon, WA



Middle School Breakfast Menu November 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>