



# Nutrition Services Bellevue School District

## Middle School Lunch Menu December 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) & 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

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

### Monday

**02**  
A. Crispy Chicken Tenders  
B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll

### Tuesday

**03**  
Italian Beef Meatballs with Penne Pasta & Garlic Bread

### Wednesday

**04**  
Belgian Waffle with Fruit Compote &  
A. Turkey Sausage  
B. Cheese Omelet (v)

### Thursday

**05**  
Turkey Dog topped with **Scratch-made** Chili, Cheese & Baked Tater Tots

### 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

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

**11**  
Mac 'n Cheese (v) with Steamed Brussels Sprouts & Wheat Roll

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

**13**  
Breaded Chicken Leg & Waffle with Warm Apple Compote

**16**  
A. Chicken Alfredo  
B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread

**17**  
**Local! Scratch-made!**  
Washington Coho Salmon Cake with Rice, Steamed Broccoli & Bellevue Sauce

**18**  
Toasty Bagel Sandwich  
A. Turkey Bacon, Egg & Cheese  
B. Egg & Cheese (v) with Hashbrown Patty

**19**  
Chef's Choice

**20**  
Chef's Choice

**23**  
**Winter Break**  
No School

**24**  
**Winter Break**  
No School

**25**  
**Winter Break**  
No School

**26**  
**Winter Break**  
No School

**27**  
**Winter Break**  
No School

**30**  
**Winter Break**  
No School

**31**  
**Winter Break**  
No School

Our **NEW** Salmon Cake on December 17th features Coho Salmon from Muckleshoot Tribe Seafood in Auburn, WA!

Salad Bars will offer local butternut squash from Imperial's Garden in Wapato, WA every Thursday!



## Middle School Breakfast Menu December 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

English Muffin Sandwich  
A. Turkey Sausage, Egg & Cheese  
B. Egg & Cheese (v)

### Wednesday

Fruit-topped Yogurt Parfait & Graham Crackers

### Thursday

Cheesy Italian Bagel (v)

### Friday

English Muffin 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>