



# Nutrition Services Bellevue School District

## Middle School Lunch Menu January 2025

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

		<b>01</b>	<b>02</b>	<b>03</b>	
		Winter Break No School	Winter Break No School	Winter Break No School	
<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	
Classic Breaded Chicken Burger with Baked Fries & Bellevue Sauce	Mandarin Orange Chicken with Sticky Brown Rice & Steamed Broccoli	Garlic Cheese Toast (v) with Marinara Dipping Sauce	<b>Scratch-made!</b> Protein Packed Chili (v) with WG Tortilla Chips & Fixin's	Chipotle Braised Pulled Pork Torta with Baked Fries	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
A. Crispy Chicken Tenders B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll	Italian Beef Meatballs with Penne Pasta & Garlic Bread	Dutch Waffle with Warm Apple Compote & A. Turkey Sausage B. Cheese Omelet (v)	Turkey Dog topped with <b>Scratch-made</b> Chili, Cheese & Baked Tater Tots	<b>Scratch-made!</b> A. Butter Chicken B. Butter Chickpeas (v) over Rice	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
<b>Dr. Martin Luther King Jr. Day</b> No School	Battered Alaskan Pollock Wedge with Baked Fries, Wheat Roll & Tartar Sauce	Mac 'n' Cheese (v) with Steamed Brussels Sprouts & Wheat Roll	 <b>LEAN &amp; GREEN</b> Crispy Falafel (v) with Hummus (v), Flatbread & Tzatziki Sauce	Gluten Free Teriyaki Chicken with Sticky Brown Rice & Steamed Green Beans	
<b>27</b>	 <b>Lunar New Year!</b> <b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
A. Chicken Alfredo B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread	Chicken & Vegetable Dumpling Soup	Toasty Bagel Sandwich A. Turkey Bacon, Egg & Cheese B. Egg & Cheese (v) with Hashbrown Patty	BBQ Pulled Pork Sandwich with Baked Beans & Coleslaw	Breaded Chicken Leg & Waffle with Warm Apple Compote	

Salad Bars will offer local blueberries from Northwest Berry Co-Op in Everson, WA throughout the month!



## Middle School Breakfast Menu January 2025

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>