



Nutrition Services Bellevue School District

Middle School Lunch Menu February 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

Swedish Beef Meatballs with Mashed Potatoes & Wheat Roll **03**

Tuesday

Mandarin Orange Chicken with Sticky Brown Rice & Steamed Broccoli **04**

Wednesday

Garlic Cheese Toast (v) with Marinara Dipping Sauce **05**

Thursday

Local! Scratch-made! Muckleshoot Salmon Burger with Baked Fries & Bellevue Sauce **06**

Friday


Super Bowl Nachos! A. Seasoned Beef & Beans B. Refried Beans (v) with Jalapeno Cheese Sauce & WG Tortilla Chips **07**

A. Crispy Chicken Tenders B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll **10**

Italian Beef Meatballs with Penne Pasta & Garlic Bread **11**

Belgian Waffle with Strawberry Compote & A. Turkey Sausage B. Cheese Omelet (v) **12**

All-Beef Hot Dog topped with **Scratch-made** Chili, Cheese & Baked Tater Tots **13**

Chef's Choice  **14**

President's Day
No School **17**


Mid-Winter Break
No School **18**

Mid-Winter Break
No School **19**

Mid-Winter Break
No School **20**

Mid-Winter Break
No School **21**

Alaskan Pollock Wedge Burger with Baked Fries & Tartar Sauce **24**

 **LEAN & GREEN** **25**
Plant Powered Sizzling Pinto Bean Nachos (v) with Queso Blanco (v) & Salsa

Mac 'n' Cheese (v) with Steamed Brussels Sprouts & Wheat Roll **26**

Gluten Free Teriyaki Chicken with Sticky Brown Rice & Steamed Green Beans **27**

Chicken & Vegetable Dumpling Soup **28**



Salad Bars will offer local watermelon radish from Westwind Organics in Carnation, WA throughout the month!





Middle School Breakfast Menu February 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); Breakfast Burrito 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>