



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.

Monday

Tuesday

Wednesday

Thursday

Friday

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

This is an equal opportunity provider.
Menus are subject to change.



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
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>