



Nutrition Services Bellevue School District

Middle School Lunch Menu March 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 & 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

03
A. Chicken Alfredo
B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread

Tuesday

04
Chipotle Braised Pulled Pork Torta with Baked Fries

Wednesday

05
Toasty Bagel Sandwich
A. Turkey Bacon, Egg & Cheese
B. Egg & Cheese (v) with Hashbrown Patty

Thursday

06
Breaded Chicken Leg & Waffle with Warm Apple Compote

Friday



07
Sounders vs LAFC!
Bone-in Chicken Wings with Cornbread & BBQ or Buffalo Wing Sauce

10
Homestyle Bowl with Chicken, Mashed Potatoes, Corn, Gravy & Wheat Roll

11
Mandarin Orange Chicken with Sticky Brown Rice & Steamed Broccoli

12
Garlic Cheese Toast (v) with Marinara Dipping Sauce


13
Breaded Chicken Katsu Sandwich with Baked Fries

14
Local! Scratch-made!
Braised Beef Birria with Warm Corn Tortillas & Seasoned Black Beans

17
A. Crispy Chicken Tenders
B. Kickin' Nuggets (v) with Baked Fries & Wheat Roll

18
Italian Beef Meatballs with Penne Pasta & Garlic Bread

19
Dutch Waffle with Warm Apple Compote & A. Turkey Sausage
B. Cheese Omelet (v)


 **LEAN & GREEN** **20**
Crispy Falafel (v) with Hummus (v), Flatbread & Tzatziki Sauce

21
Scratch-made!
A. Butter Chicken
B. Butter Chickpeas (v) over Rice

24
Alaskan Pollock Burger with Baked Fries & Tartar Sauce

25
Gluten Free Teriyaki Chicken with Sticky Brown Rice & Steamed Green Beans

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

 **Opening Day Nachos!** **27**
A. Seasoned Beef & Beans
B. Refried Beans (v) with Jalapeno Cheese Sauce & Tortilla Chips

28
Chef's Choice

31
A. Chicken Alfredo
B. Vegetarian Alfredo (v) with Penne Pasta & Garlic Bread



Salad Bars will be featuring local Chioggia beets from Boldly Grown Farm in Bow, WA throughout the month!



Middle School Breakfast Menu March 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>