



School MENUS

April/May 2017

Spotlight on Squalicum Cooking Manager Marcy Brown

Marcy Brown has worked in the Squalicum High cafeteria for 14 years as the cooking cluster manager. She enjoys interacting with and serving the students and staff at the school, and loves working side-by-side with her wonderful crew.

Her favorite meal is the Harvest of the Month when she sees new faces coming through the lunch line trying the lunch that day. She looks forward to the future Central Kitchen when the menu will include more local ingredients and the meals will be fresher and scratch-cooked.

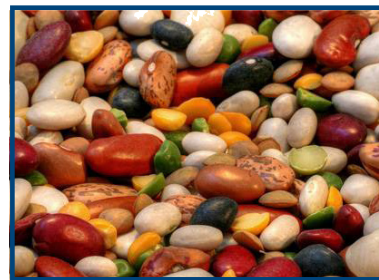


Photo: Brown with some of her crew at SQHS (left to right) — Sue Streubel, Marcy Brown, Trina Funkhouser, Pam Porter and Jackie Kuhlman.

FOOD SERVICES VISION

We encourage a lifetime of healthy eating by serving students nourishing, delicious, whole foods in a welcoming environment.

April Harvest of the Month: Beans



School cafeterias will feature **beans** as the April Harvest of the Month on Wednesday, April 26. A homemade black bean salsa will be served at all schools with a chicken street taco.

Dry beans are an annual crop of the *Legume* family. Legume plants have seed pods that are split along the sides when they are ripe. There are over 40,000 varieties of beans!

There are many nutritious reasons to eat beans. They provide good sources of fiber, folate, iron and potassium. They are also an excellent source of plant protein and phosphorus, both of which build strong bones.

Fun Facts:

Garbanzo beans are also called “chickpeas” because each bean has a small beak that looks like a chick’s beak.

Kidney beans are so-named because they are shaped like a kidney. They are native to Central and South America.

Lima beans originated in Peru in 6000 B.C. and are named after the capital city of Lima.

Bean information above courtesy of Whatcom Farm-to-School website.

Elementary School

April/May 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals come with milk and fresh fruit and veggies.</p>	<p>PRICING</p> <p>Elementary Lunch: \$2.75 Grade K- 3 Reduced Price: Free Grade 4-5 Reduced Price: \$.40 Milk only: \$.50</p>	<p><i>Note: Menu items may change based on food availability.</i></p> <p><i>Check bellingshamschools.org for the latest updates.</i></p>		
<p>APRIL 10</p> <p>Chicken Burger with Potato Wedges or Sunbutter and Jelly Sandwich and String Ch</p>	<p>11</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Turkey, Ham & Cheese Hoagie</p>	<p>12</p> <p>French Bread Pizza with Side Salad or Turkey & Cheese Sandwich</p>	<p>13</p> <p>Egg Sausage Breakfast Sandwich with Tater Triangles or Turkey, Ham & Cheese Sandwich</p>	<p>14</p> <p>100% Beef Cheeseburger with Tots or Sunbutter and Jelly Sandwich and String Cheese</p>
<p>17</p> <p>Chicken Nuggets with Potato Wedges and a Roll or Sunbutter and Jelly Sandwich and String Cheese</p>	<p>18</p> <p>Beef Nachos with Cheese Sauce and Refried Beans or Turkey, Ham & Cheese Hoagie</p>	<p>19</p> <p>Personal Pizza with Caesar Salad or Turkey & Cheese Sandwich</p>	<p>20</p> <p>Chicken Caesar Salad with Roll and Butter or Turkey, Ham & Cheese Hoagie</p>	<p>21</p> <p>Lasagna Roll Up With Garlic Toast or Sunbutter and Jelly Sandwich and String Cheese</p>
<p>24</p> <p>All Beef Mariner Dog with Chili or Sunbutter and Jelly Sandwich and String Cheese</p>	<p>25</p> <p>Pizza Slice with Side Salad or Turkey, Ham & Cheese Hoagie</p>	<p>26 Harvest of the Month BEANS</p> <p>Mexican Street Tacos, Side of Chips with Homemade Black Bean Salsa</p>	<p>27</p> <p>Waffles with Strawberries and Sausage Links or Turkey, Ham & Cheese Hoagie</p>	<p>28</p> <p>EARLY DISMISSAL 100% Beef Cheeseburger with Potato Wedges or Sunbutter and Jelly Sandwich and String Cheese</p>
<p>MAY 1</p> <p>Chicken Nuggets with Mashed Potatoes and Gravy and Roll or Sunbutter and Jelly Sandwich and String Cheese</p>	<p>2</p> <p>Chicken Soft Taco with Mexi Rice or Turkey, Ham & Cheese Hoagie</p>	<p>3</p> <p>French Bread Pizza with Side Salad or Turkey & Cheese Sandwich</p>	<p>4</p> <p>Chicken Teriyaki, Rice and Egg Roll or Turkey, Ham & Cheese Hoagie</p>	<p>5</p> <p>Penne Pasta with Meat Sauce, Garlic Toast or Sunbutter and Jelly Sandwich and String Cheese</p>
<p>8</p> <p>Chicken Burger with Potato Wedges or Sunbutter and Jelly Sandwich and String Cheese</p>	<p>9</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Turkey, Ham & Cheese Hoagie</p>	<p>10</p> <p>Personal Pizza with Caesar Salad or Turkey & Cheese Sandwich</p>	<p>11</p> <p>French Toast Sticks with Sausage Links or Turkey, Ham & Cheese Hoagie</p>	<p>12</p> <p>100% Beef Cheeseburger with Tater Tots or Sunbutter and Jelly Sandwich and String Cheese</p>

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Middle & High School

April/May 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DAILY DELI MENU: An assortment of entrée salads and pre-made subs and wraps are available Monday thru Thursday.</p>	<p>PRICING Middle School Lunch: \$3.00 High School Lunch: \$3.00 Reduced Price Lunch: \$.40 Milk only: \$.50</p>		<p><i>Note: Menu items may change based on food availability.</i></p> <p><i>Check bellingshamschools.org for the latest updates.</i></p>	
<p>APRIL 10</p> <p>Chicken Burger with Potato Wedges or Cheeseburger with Fries or DAILY DELI</p>	<p>11</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p>12</p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p>13</p> <p>Egg Sausage Breakfast Sandwich with Tater Triangles or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p>14</p> <p>100% Beef Cheeseburger with Tots or Penne Pasta with Meatballs, Breadstick and Caesar Salad or Pizza with Caesar Salad</p>
<p>17</p> <p>Chicken Nuggets with Potato Wedges and a Roll or 100% Beef Cheeseburger with Potato Wedges or DAILY DELI</p>	<p>18</p> <p>Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Pulled Pork Sandwich with Fries or DAILY DELI</p>	<p>19</p> <p>Pizza with Caesar Salad or Chicken Parmesan Sandwich with Fries or DAILY DELI</p>	<p>20</p> <p>Chicken Teriyaki, Rice or Noodles, Egg Roll and Broccoli or Bacon Cheeseburger with Fries or DAILY DELI</p>	<p>21</p> <p>Lasagna Entrée with Breadstick and Caesar Salad or Chicken Burger with Fries or Pizza with Caesar Salad</p>
<p>24</p> <p>All Beef Mariner Dog with Chili and Fries or Chicken Nuggets with Fries/Wedges or DAILY DELI</p>	<p>25</p> <p>Pizza with Caesar Salad or Chicken Quesadilla with Mexi Rice and Refried Beans or DAILY DELI</p>	<p>26 Harvest of the Month BEANS</p> <p>Mexican Street Tacos, Side of Chips with Homemade Black Bean Salsa or Pizza with Caesar Salad or DAILY DELI</p>	<p>27 HIGH SCHOOL Waffles with Strawberries and Sausage Links or Chicken Yakisoba with Egg Roll or DAILY DELI</p> <hr/> <p>MIDDLE SCHOOL EARLY DISMISSAL DAILY DELI ONLY</p>	<p>28</p> <p>MIDDLE AND HIGH SCHOOL EARLY DISMISSAL</p> <p>SACK LUNCH ONLY</p>
<p>MAY 1</p> <p>Chicken Nuggets with Mashed Potatoes and Gravy and Roll or BBQ Beef Sandwich with Fries or DAILY DELI</p>	<p>2</p> <p>Chicken Soft Taco with Mexi Rice and Refried Beans or Hot Italian Hoagie with Fries or DAILY DELI</p>	<p>3</p> <p>Pizza with Caesar Salad or Chicken Cordon Bleu Sandwich with Fries/Wedges or DAILY DELI</p>	<p>4</p> <p>Chicken Teriyaki, Rice or Noodles, Egg Roll and Broccoli or Pulled Pork Sandwich with Coleslaw and Fries or DAILY DELI</p>	<p>5</p> <p>Penne Pasta with Meat Sauce, Garlic Toasts and Caesar Salad or Chicken Burger with Fries/Wedges or Pizza with Caesar Salad</p>
<p>8</p> <p>Chicken Burger with Potato Wedges or Philly Cheesesteak and Wedges/Fries or DAILY DELI</p>	<p>9</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p>10</p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p>11</p> <p>French Toast Sticks with Sausage Links or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p>12</p> <p>100% Beef Cheeseburger with Tater Tots or Chicken Parmesan with Penne, Garlic Toasts and Caesar Salad or Pizza with Caesar Salad</p>

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2016-17 BREAKFAST MENUS

PRICING

Elementary Breakfast: \$1.50
 Middle and High School Breakfast: \$1.75
 K-12 Reduced Price Breakfast: Free

Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is served daily with 1% or non-fat milk and fruit.				
Yogurt & Cereal	Cinnamon Apple Oat Breakfast Bar	Homemade Muffin & Cereal	Freshly Baked Breakfast Round	Cinnamon Roll and Cereal

Elementary School Breakfast in the Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast in the Classroom (BIC) is offered free to all students at Alderwood, Birchwood, Carl Cozier, Cordata, Roosevelt and Sunnyland elementary schools. Non-fat white milk is available upon request.				
Cinnamon Oat Breakfast Round* Boxed Raisins, No Sugar Added 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Whole Grain Apple Cinnamon Bar* Fresh Fruit 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Whole Grain Breakfast Bread* Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG, SOY (FLOUR and OIL)	Whole Grain Muffin* Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG, MILK, SOY (OIL)	Whole Grain Bagel* Plain Cream Cheese Cup* 100% Applesauce Cup, Unsweetened 1% White Milk *CONTAINS WHEAT or MILK

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice. Breakfast is served daily with 1% or non-fat milk and fruit.				
Benefit Bar or Bagel & Cream Cheese (Alternate items between weeks)	Pancake, Waffle, or French Toast Sticks (Alternate items between weeks)	Ultimate Breakfast Round	Banana/Zucchini/Pumpkin Bread or Homemade Muffin & Cereal (Alternate items between weeks)	Cinnamon Roll

High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice. Breakfast is served daily with 1% or non-fat milk and fruit.				
HIGH SCHOOLS				
Cold Breakfast	Pancake, Waffle, or French Toast w/ Sausage	Yogurt Parfait	Cinnamon Roll	Breakfast Sandwich
OPTIONS HIGH Daily offering at Options High School: Whole grain bagel and cream cheese, milk, juice, fruit, cereal				
Benefit Bar (Variety)	Homemade Muffin & Cereal or Ultimate Breakfast Round	Breakfast Bread	Cinnamon Roll	Breakfast Sandwich

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