



# School MENUS

## February 2017

### Nutrition Matters: A Message from New Executive Chef Patrick Durgan

I am very excited to have joined the Food Services team in January. I look forward to being part of the transformation into the central kitchen model and to bringing wholesome, fresh, nutritious and local food to the students in Bellingham Public Schools.

In my first weeks, I have met with principals, administrators, teachers, staff and students. I have listened to the energetic voices of stakeholders regarding our commitment to scratch-cooking and the shift in culture that comes with that change. I know that by working together and by following the principles of The Bellingham Promise, we will be able to show the world what it means to put kids first and to discover how important it is to support the whole child through good nutrition.

I am happy to be on this journey with you in making good choices in the food program because what we feed our kids matters.

### FOOD SERVICES VISION

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



**Photo above:** New executive chef Patrick Durgan is currently meeting with principals and food service staff at their schools as part of his entry plan into the district. Durgan is shown here meeting with Silver Beach Elementary principal Nicole Talley.

### Harvest of the Month: Squash

School cafeterias will feature **winter squash** as February's Harvest of the Month on Wednesday, Feb. 22. It will be prepared in a bowl of warm, nourishing tomato squash soup.

The most popular winter squashes are acorn, butternut, pumpkin and spaghetti and come in many shapes and sizes. Cooked squash has loads of vitamin A, vitamin C and fiber. Some squashes are also great sources of iron. Enjoy this versatile vegetable year-round.





# Elementary School

## February 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meals come with milk, fresh fruit and veggies.</b></p>	<p><b>PRICING</b></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 subject to change based on food availability.</i></p> <p><i>Check <a href="http://bellinghamschools.org">bellinghamschools.org</a> for the latest updates.</i></p>		
		<p><b>1</b></p> <p>Personal Pizza with Side Salad or Turkey &amp; Cheese Sandwich</p>	<p><b>2</b></p> <p>Chicken Teriyaki, Rice and Egg Roll or Turkey, Ham, &amp; Cheese Hoagie</p>	<p><b>3</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>6</b></p> <p>Waffles with Strawberries and Sausage or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>7</b></p> <p>Chicken Nuggets with Mashed Potatoes and Gravy and Roll or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>8</b></p> <p>Pizza Slice with Caesar Salad or Turkey &amp; Cheese Sandwich</p>	<p><b>9</b></p> <p>Beef Nachos with Cheese Sauce and Refried Beans or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>10</b></p> <p><b>NO SCHOOL</b> Teacher Workday</p>
<p><b>13</b></p> <p>All Beef Mariner Dog with Potato Salad or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>14</b></p> <p>Chicken Soft Taco with Mexi Rice or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>15</b></p> <p>French Bread Pizza with Side Salad, or Turkey &amp; Cheese Sandwich</p>	<p><b>16</b></p> <p>BBQ Roasted Chicken, Potato Wedges, and Garlic Toast or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>17</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>20</b></p> <p><b>NO SCHOOL</b> Presidents Day</p>	<p><b>21</b></p> <p>Chicken Burger with Tater Tots or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>22</b> <b>Harvest of the Month SQUASH</b></p> <p>Homemade Grilled Cheese Sandwich with <b>Tomato/Squash Soup</b></p>	<p><b>23</b></p> <p>Personal Pizza with Caesar Salad or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>24</b></p> <p>Penne Pasta with Meat Sauce, Breadstick or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>27</b></p> <p>All Beef Mariner Dog with Potato Salad or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>28</b></p> <p>Mexican Street Tacos with Mexi Rice or Turkey, Ham &amp; Cheese Hoagie</p>			



# Middle & High School

## February 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>DAILY DELI MENU:</b> An assortment of entrée salads and pre-made subs and wraps are available Monday thru Thursday.</p>	<p><b>PRICING</b></p> <p>Middle School Lunch: \$3.00 High School Lunch: \$3.00 Reduced Price Lunch: \$ .40 Milk only: \$ .50</p>	<p><i>Note: Menu items subject to change based on food availability.</i></p> <p>Check <a href="http://bellinghamschools.org">bellinghamschools.org</a> for the latest updates.</p>		
		<p><b>1</b></p> <p>Pizza with Caesar Salad or Philly Cheesesteak with Fries or DAILY DELI</p>	<p><b>2</b></p> <p>Chicken Teriyaki, Rice or Noodles, Egg Roll, Broccoli or Hot Italian Hoagie with Fries or DAILY DELI</p>	<p><b>3</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Baked Ziti with Meat Sauce, Breadstick, and Caesar Salad or Pizza with Caesar Salad</p>
<p><b>6</b></p> <p>Waffles with Strawberries and Sausage or BBQ Cheeseburger with Fries or DAILY DELI</p>	<p><b>7</b></p> <p>Chicken Nuggets with Mashed Potatoes and Gravy and Roll or Cuban Sandwich with Fries or DAILY DELI</p>	<p><b>8</b></p> <p>Pizza with Caesar Salad or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p><b>9</b></p> <p><b>HIGH SCHOOL</b> Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Chicken Burger with Fries or DAILY DELI</p> <p><b>MIDDLE SCHOOL EARLY DISMISSAL SACK LUNCH ONLY</b></p>	<p><b>10</b></p> <p><b>NO SCHOOL</b> Teacher Workday</p>
<p><b>13</b></p> <p>All Beef Mariner Dog with Potato Salad and Fries or Chicken Nuggets with Fries and a Roll or DAILY DELI</p>	<p><b>14</b></p> <p>Chicken Soft Taco with Mexi Rice and Refried Beans or Hot Italian Hoagie with Fries or DAILY DELI</p>	<p><b>15</b></p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p><b>16</b></p> <p>BBQ Roasted Chicken, Potato Wedges, and Garlic Toast or Grilled Turkey Bacon Club with Tomato Soup or DAILY DELI</p>	<p><b>17</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Chicken Parmesan with Penne, Garlic Toast and Caesar Salad or Pizza with Caesar Salad</p>
<p><b>20</b></p> <p><b>NO SCHOOL</b> Presidents Day</p>	<p><b>21</b></p> <p>Chicken Burger with Tater Tots or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p><b>22</b> <b>Harvest of the Month SQUASH</b></p> <p>Homemade Grilled Cheese Sandwich with <b>Tomato/Squash Soup</b> or Pizza with Caesar Salad or DAILY DELI</p>	<p><b>23</b></p> <p>Pizza with Caesar Salad or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p><b>24</b></p> <p>Penne Pasta with Meat Sauce, Breadstick and Caesar Salad or Bacon Cheeseburger with Fries or Pizza with Caesar Salad</p>
<p><b>27</b></p> <p>All Beef Mariner Dog with Potato Salad and Fries or Chicken Burger with Tots or DAILY DELI</p>	<p><b>28</b></p> <p>Mexican Street Tacos with Mexi Rice or Chicken Nuggets with Fries and Cheesy Cornbread Muffin or DAILY DELI</p>			

This institution is an equal opportunity provider.

# 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 Breakfast Bar* Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG	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
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### 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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