



School MENUS

March 2017

Join Us at the After-School Dinner Program at Shuksan

Every Monday through Thursday during the school year, an average of 75 dinners are served in the Shuksan Middle School cafeteria as part of the Child and Adult Care Food Program of the United States Department of Agriculture.

All children 18 and under in the community can eat for free. It doesn't matter what school you attend. Accompanying adults only pay \$4 per meal. Stop by and see what's for dinner. Shuksan is located at the corner of Northwest and Alderwood at 2717 Alderwood.



Photo: Executive chef Patrick Durgan and Food Services lead Paula Mallahan prepare vegetarian chili from scratch for the Shuksan dinner on Feb. 15.

FOOD SERVICES VISION

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

Harvest of the Month: Berries

School cafeterias will feature **berries** as the March Harvest of the Month on Wednesday, March 29. Berries will be prepared in a blueberry cole slaw and a yogurt/berry parfait and at all schools.

Strawberries are the most popular berry in the United States, with blueberries as the second most popular.

Living in Whatcom County, we are fortunate to have the bounty of a local berry harvest. As a matter of fact, 77% of the state's total raspberries come from our county alone.

Yearlong enjoyment is easy, as berries are some of the easiest fruits to freeze and use later.

Berries are rich in Vitamin C, fiber, manganese (for bones) and phytochemicals (for immunities from sickness and disease). It's easy to see why berries are called a superfood.





Elementary School

March 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals come with milk, 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 subject to change based on food availability.</i></p> <p><i>Check bellinghamschools.org for the latest updates.</i></p>		
		<p>1</p> <p>Personal Pizza with Side Salad or Turkey & Cheese Sandwich</p>	<p>2</p> <p>Chicken Teriyaki, Rice and Egg Roll or Turkey, Ham, & Cheese Hoagie</p>	<p>3</p> <p>100% Beef Cheeseburger with Tots or Sunbutter & Jelly Sandwich, String Cheese</p>
<p>6</p> <p>Chicken Burger with Potato Wedges or Sunbutter & Jelly Sandwich, String Cheese</p>	<p>7</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Turkey, Ham & Cheese Hoagie</p>	<p>8</p> <p>Pizza Slice with Caesar Salad or Turkey & Cheese Sandwich</p>	<p>9</p> <p>Lasagna Roll-Up with Garlic Toast or Turkey, Ham & Cheese Hoagie</p>	<p>10</p> <p>Waffles with Strawberries and Sausage Links or Sunbutter & Jelly Sandwich, String Cheese</p>
<p>13</p> <p>Chicken Nuggets with Potato Wedges and a Roll or Sunbutter & Jelly Sandwich, String Cheese</p>	<p>14</p> <p>Beef Nachos with Cheese Sauce and Refried Beans or Turkey, Ham & Cheese Hoagie</p>	<p>15</p> <p>French Bread Pizza with Side Salad or Turkey & Cheese Sandwich</p>	<p>16</p> <p>Chicken Caesar Salad with Roll and Butter or Turkey, Ham & Cheese Hoagie</p>	<p>17</p> <p>Penne Pasta with Meat Sauce and Breadstick or Sunbutter & Jelly Sandwich, String Cheese</p>
<p>20</p> <p>All Beef Mariner Dog with Homemade Chili or Sunbutter & Jelly Sandwich, String Cheese</p>	<p>21</p> <p>BBQ Grilled Chicken Burger with Potato Wedges or Turkey, Ham & Cheese Hoagie</p>	<p>22</p> <p>Personal Pizza with Side Salad or Turkey & Cheese Sandwich</p>	<p>23</p> <p>French Toast Sticks with Sausage Links or Turkey, Ham & Cheese Hoagie</p>	<p>24</p> <p>Homemade Mac n' Cheese with Garlic Toast or Sunbutter & Jelly Sandwich, String Cheese</p>
<p>27</p> <p>Chicken Nuggets with Mashed Potatoes and Gravy and Roll or Sunbutter & Jelly Sandwich, String Cheese</p>	<p>28</p> <p>Chicken Soft Taco with Mexi Rice or Turkey, Ham & Cheese Hoagie</p>	<p>29 Harvest of the Month BERRIES</p> <p>Pulled Pork Sandwich with Blueberry Coleslaw and Yogurt/Berry Parfait</p>	<p>30</p> <p>Pizza Slice with Caesar Salad or Turkey, Ham & Cheese Hoagie</p>	<p>31</p> <p>100% Beef Cheeseburger with Potato Wedges or Sunbutter & Jelly Sandwich, String Cheese</p>

This institution is an equal opportunity provider.

Middle & High School

March 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</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><i>Check bellinghamschools.org for the latest updates.</i></p>		
		1	2	3
		Pizza with Caesar Salad or Philly Cheesesteak with Fries or DAILY DELI	Chicken Teriyaki, Rice or Noodles, Egg Roll, Broccoli or Hot Italian Hoagie with Fries or DAILY DELI	100% Beef Cheeseburger with Tots or Chicken Parmesan with Penne, Garlic Toast and Caesar Salad or Pizza with Caesar Salad
6	7	8	9	10
Chicken Burger with Potato Wedges or Pulled Pork Sandwich with Coleslaw and Fries or DAILY DELI	BBQ Roasted Chicken, Baked BBQ Beans and Roll or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI	Pizza with Caesar Salad or Chicken Yakisoba, Egg Roll and Broccoli or DAILY DELI	<p>HIGH SCHOOL Lasagna Roll-Up with Breadstick or Italian Meatball Sub with Caesar Salad or DAILY DELI</p> <p>MIDDLE SCHOOL EARLY DISMISSAL SACK LUNCH ONLY</p>	<p>EARLY DISMISSAL SACK LUNCH ONLY</p>
13	14	15	16	17
Chicken Nuggets with Potato Wedges and a Roll or 100% Beef Cheeseburger with Potato Wedges or DAILY DELI	Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Cuban Sandwich with Fries or DAILY DELI	Pizza with Caesar Salad or Chicken Parmesan Sandwich with Fries or DAILY DELI	Chicken Teriyaki, Rice or Noodles, Egg Roll and Broccoli or Bacon Cheeseburger with Fries or DAILY DELI	Penne Pasta with Meat Sauce, Breadstick and Caesar Salad or Chicken Burger with Tots or Pizza with Caesar Salad
20	21	22	23	24
All Beef Mariner Dog with Chili and Fries or Chicken Nuggets with Tots or DAILY DELI	BBQ Grilled Chicken Burger with Wedges or Chicken Quesadilla with Mexi Rice and Refried Beans or DAILY DELI	Pizza with Caesar Salad or Italian Meatball Sub with Caesar Salad or DAILY DELI	French Toast Sticks with Sausage Links or Chicken Yakisoba with Egg Roll or DAILY DELI	Homemade Mac n' Cheese, Garlic Toast and Caesar Salad or Bacon Cheeseburger with Fries or Pizza with Caesar Salad
27	28	29	30	31
Chicken Nuggets with Mashed Potatoes and Gravy and Roll or BBQ Beef Sandwich with Fries or DAILY DELI	Chicken Soft Taco with Mexi Rice and Refried Beans or Hot Italian Hoagie with Fries or DAILY DELI	<p>Harvest of the Month BERRIES</p> <p>Pulled Pork Sandwich with Blueberry Coleslaw and Fries and Yogurt/Berry Parfait or Pizza with Caesar Salad or DAILY DELI</p>	Pizza with Caesar Salad or Chicken Teriyaki, Rice or Noodles, Egg Roll and Broccoli or DAILY DELI	100% Beef Cheeseburger with Potato Wedges or Baked Ziti with Meat Sauce, Breadstick and Caesar Salad or Pizza with Caesar Salad

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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 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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