

Elementary School

May/June 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>May 15</p> <p>Chicken Nuggets 15g with Potato Wedges 20g and a Roll 22g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>	<p>16</p> <p>BBQ Pulled Pork Sandwich 37g with Coleslaw 7g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>17</p> <p>Pizza Slice 34g with Side Salad 4g or Turkey & Cheese Sandwich 30g</p>	<p>18</p> <p>Chicken Caesar Salad 10g with Roll 22g and Butter or Turkey, Ham & Cheese Sandwich 37g</p>	<p>19</p> <p>Beef Nachos with Cheese Sauce 35g, Refried Beans 24g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>
<p>22</p> <p>All Beef Hot Dog 27g with Chili 35g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>	<p>23</p> <p>BBQ Grilled Chicken Burger 38g with Potato Wedges 20g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>24</p> <p>French Bread Pizza 30g with Caesar Salad 9g or Turkey & Cheese Sandwich 30g</p>	<p>25</p> <p>Waffles with Strawberries 54g and Sausage Links 1g ea or Turkey, Ham & Cheese Hoagie 37g</p>	<p>26</p> <p>100% Beef Cheeseburger 26g with Potato Wedges 20g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>
<p>29</p> <p>NO SCHOOL Memorial Day Holiday</p>	<p>30</p> <p>Chicken Nuggets 15g with Mashed Potatoes and Gravy 20g and Roll 22g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>31 Harvest of the Month RADISHES</p> <p>Chicken Gyro with Tzatziki Sauce 33g and Sliced Cucumber/Radish Salad 5g</p>	<p>June 1</p> <p>Chicken Teriyaki Rice Bowl 6g with an Egg Roll 20g and Fortune Cookie 5g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>2</p> <p>Lasagna Roll Up with a Tomato Meat Sauce 37g and Garlic Toast 12g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>
<p>5</p> <p>Chicken Burger 41g with Potato Wedges 20g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>	<p>6</p> <p>BBQ Roasted Chicken 5g, Baked BBQ Beans 32g, and Roll 22g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>7</p> <p>Pizza Slice 34g with Side Salad 4g or Turkey & Cheese Sandwich 30g</p>	<p>8</p> <p>Egg Sausage Breakfast Sandwich 24g with Tater Triangles 22g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>9</p> <p>100% Beef Cheeseburger 26g with Tater Tots 16g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>
<p>12</p> <p>Chicken Nuggets 15g with Potato Wedges 20g and a Roll 22g or Sunbutter and Jelly Sandwich 44g and String Cheese 1g</p>	<p>13</p> <p>Chicken Soft Taco 24g and Mexi Rice 23g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>14 Harvest of the Month SALAD GREENS</p> <p>Chef's Salad with Ham, Egg and Cheese 0g, and Soft Breadstick 14g</p>	<p>15</p> <p>French Bread Pizza 30g with Green Beans 2g or Turkey, Ham & Cheese Hoagie 37g</p>	<p>16</p> <p>EARLY DISMISSAL Last Day of School SACK LUNCH ONLY</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

**Special Fuel Up to Play 60 (FU2P60) Breakfast at all elementary schools
 — Local Yami Yogurt with Granola on May 12, 19, 26, June 2**

Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is served daily with 1% or non-fat milk and fruit.				
Yogurt 18g & Cereal	Cinnamon Apple Oat Breakfast Bar 52g	Homemade Muffin 27g & Cereal	Freshly Baked Breakfast Round 44g	Cinnamon Roll 16g 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* 44g Boxed Raisins, No Sugar Added 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Apple Cinnamon Breakfast Bar* 48g Fresh Fruit 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Whole Grain Breakfast Bread* 44g Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG, SOY (FLOUR and OIL)	Whole Grain Muffin* 27g Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG, MILK, SOY (OIL)	Whole Grain Bagel*30g 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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