



School MENUS

May/June 2017

Health and Wellness Activities and 'Chef at the Market'

The end of the school year is filled with a variety of activities related to health, wellness and food.

There will be a special promotion called **Fuel Up to Play 60** (FU2P60) on May 12, 19 and 26, and June 2. FU2P60 is a program sponsored by the Washington State Dairy Council and the Seattle Seahawks to encourage students to eat a healthy diet and to get 60 minutes of physical activity each day. A special breakfast of local Yami yogurt with granola will be served to all elementary students.

All students are encouraged to ride their bikes on **Bike to School and Work Day** on Friday, May 19.

The annual **Fifth Grade Track Meet** will be held on Friday, June 2, also sponsored by the Dairy Council and Seahawks.

Executive Chef Patrick Durgan will partner with Gabriel Claycamp of Cauldron Broths at the **Bellingham Farmer's Market** on Saturday, June 17. They will demo the June harvest of the month salad greens and more.

FOOD SERVICES VISION

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

Harvests of the Month: Radishes on May 31 Salad Greens on June 14

Radishes will be the highlighted harvest item in all school lunchrooms on Wednesday, May 31, served in a radish/cucumber salad alongside chicken gyros. The radishes will come from the Growing Washington farm in Everson, Wash.



Radishes are fast-growing root vegetables and all parts of the plant are edible. Available in a wide variety of shapes, colors and sizes, they are an excellent source of vitamin C, fiber, phosphorous, potassium and zinc.

Vitamin-rich **salad greens** will be the Harvest of the Month in June served on Wednesday, June 14. We end the school year with fresh, local greens that can be grown the majority of the year in our temperate climate. The greens are from local Cloud Mountain Farm in Whatcom County.



Depending on the variety, greens are excellent sources of vitamin A, C and K, as well as folate.

Information above courtesy of Whatcom Farm-to-School website.

Elementary School

May/June 2017 LUNCH MENU

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

Meals come with milk and fresh fruit and veggies.

PRICING

Elementary Lunch: \$2.75
 Grade K-3 Reduced Price: Free
 Grade 4-5 Reduced Price: \$.40
 Milk only: \$.50

Note: Menu items may change based on food availability.

Check bellingshamschools.org for the latest updates.

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

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Middle & High School

May/June 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>May 15</p> <p>Chicken Nuggets with Potato Wedges and a Roll or 100% Beef Cheeseburger with Potato Wedges or DAILY DELI</p>	<p>16</p> <p>BBQ Pulled Pork Sandwich with Coleslaw and Fries or Chicken Cordon Bleu Sandwich with Fries or DAILY DELI</p>	<p>17</p> <p>Pizza with Caesar Salad or Chicken Parmesan Sandwich with Fries or DAILY DELI</p>	<p>18</p> <p>Chicken Teriyaki, Rice or Noodles, Egg Roll and Broccoli or Bacon Cheeseburger with Fries or DAILY DELI</p>	<p>19</p> <p>Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Chicken Burger with Fries or Pizza with Caesar Salad</p>
<p>22</p> <p>All Beef Hot Dog with Chili and Fries or Chicken Nuggets with Potato Wedges and a Roll or DAILY DELI</p>	<p>23</p> <p>BBQ Grilled Chicken Burger with Potato Wedges or Chicken Quesadilla with Mexi Rice and Refried Beans or DAILY DELI</p>	<p>24</p> <p>Pizza with Caesar Salad or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p>25</p> <p>Waffles with Strawberries and Sausage Links or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p>26</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>29</p> <p>NO SCHOOL Memorial Day Holiday</p>	<p>30</p> <p>Chicken Nuggets with Mashed Potatoes, Gravy and Roll or BBQ Beef Sandwich with Fries or DAILY DELI</p>	<p>31 Harvest of the Month RADISHES</p> <p>Chicken Gyro with Tzatziki Sauce and sliced Cucumber/Radish Salad or Pizza with Caesar Salad or DAILY DELI</p>	<p>June 1</p> <p>Chicken Teriyaki, Rice or Noodles, Egg Roll, and Broccoli or Pulled Pork Sandwich with Coleslaw and Fries or DAILY DELI</p>	<p>2</p> <p>Lasagna Roll Up with a Tomato Meat Sauce and Garlic Toast or Chicken Burger with Fries or Potato Wedges or Pizza with Caesar Salad</p>
<p>5</p> <p>Chicken Burger with Potato Wedges or Philly Cheesesteak with Potato Wedges or Fries or DAILY DELI</p>	<p>6</p> <p>BBQ Roasted Chicken, Baked BBQ Beans and Roll or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p>7</p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p>8</p> <p>Egg Sausage Breakfast Sandwich with Tater Triangles or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p>9</p> <p>100% Beef Cheeseburger with Tots or Penne Pasta with Meatballs, Garlic Toasts, and Caesar Salad or Pizza with Caesar Salad</p>
<p>12</p> <p>Chicken Nuggets with Potato Wedges and a Roll or 100% Beef Cheeseburger with Potato Wedges or DAILY DELI</p>	<p>13</p> <p>Chicken Soft Taco with Mexi Rice and Refried Beans or Cook's Choice or DAILY DELI</p>	<p>14 Harvest of the Month SALAD GREENS</p> <p>Chef's Salad with Ham, Egg and Cheese and Soft Breadstick or Cook's Choice or DAILY DELI</p>	<p>15</p> <p>Pizza with Green Beans or Cook's Choice or DAILY DELI</p>	<p>16</p> <p>EARLY DISMISSAL Last Day of School</p> <p>SACK LUNCH ONLY</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

**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 & 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)	Apple Cinnamon Breakfast 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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