



# School MENUS

## January 2017

### Harvest of the Month: Apples

School cafeterias will feature **apples** as January's Harvest of the Month on Wednesday, Jan. 18.

Apples are a great local choice where we live. They are the largest agricultural product of Washington state. In Washington, we grow 60 percent of all fresh apples eaten in the United States. Harvest begins in mid-August and usually ends in early November. In our state alone, the estimated harvest for 2016 was 176 million boxes of apples, weighing in at 40 pounds per box.

**Did you know** that the deciduous apple tree is in the rose family and that there are more than 7,500 different known types of apples in the world? Apples can be eaten and processed in a variety of ways. They can be eaten raw, cooked, baked, dried, pressed and fermented.

At home, taste testing varieties of apples and preparing them in different ways is a fun way to sample the fruit. Encouraging kids to talk about the flavors they notice helps **develop thoughtful, healthy eaters**.



**Photos above:** Birchwood Elementary School was one of many schools visiting Bellewood Acres this fall as part of a seed-to-table curriculum.

### Recipe for Turkey Apple Cheddar Wrap

Prep time: 15 minutes Serves: 4

#### Ingredients:

1 cup fresh apples, diced 1/2 inch  
2 teaspoons lemon juice  
1 cup thinly sliced deli turkey, diced  
1/4 cup reduced fat cheddar cheese, shredded  
1 tablespoon mayonnaise  
2 tablespoons plain fat-free yogurt  
1/2 teaspoon whole grain mustard  
Dash ground black pepper  
4 12-inch whole wheat flour tortillas  
1 cup fresh baby spinach

#### What to Do:

Place diced apples in a bowl with lemon juice and enough cold water to cover. Let sit for 5 minutes. Drain well.

Combine diced turkey, diced apple and cheddar cheese.

Mix together mayo, yogurt, mustard, salt and pepper.

Pour dressing over the turkey mixture and stir to combine.

Divide turkey apple filling evenly onto center of each tortilla. Top each with 1/4 cup fresh baby spinach.

Fold one half of tortilla over filling. Fold in each end then roll over remaining half of tortilla.





# Elementary School

## January 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meals come with milk and 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>2</b></p> <p><b>NO SCHOOL</b> New Year's Day Observed</p>	<p><b>3</b></p> <p>Chicken Burger with Tater Tots or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>4</b></p> <p>French Bread Pizza with Side Salad or Turkey &amp; Cheese Sandwich</p>	<p><b>5</b></p> <p>BBQ Roasted Chicken, Potato Wedges and Roll or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>6</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>9</b></p> <p>Chicken Nuggets with Mashed Potatoes &amp; Gravy and Roll or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>10</b></p> <p>Beef Nachos with Cheese Sauce and Refried Beans or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>11</b></p> <p>Personal Pizza with Caesar Salad or Turkey &amp; Cheese Sandwich</p>	<p><b>12</b></p> <p>French Toast Sticks with Sausage or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>13</b></p> <p>Penne Pasta with Meat Sauce and Breadstick or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>16</b></p> <p><b>NO SCHOOL</b> Martin Luther King, Jr. Holiday</p>	<p><b>17</b></p> <p>All Beef Mariner Dog with Potato Salad or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>18</b> <b>Harvest of the Month APPLES</b></p> <p>Baked Potato with Ham &amp; Cheese, Roll with Butter, and <b>Sliced Apples with Sweet Fruit Dip</b></p>	<p><b>19</b></p> <p>Pizza Slice with Caesar Salad or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>20</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Sunbutter &amp; Jelly Sandwich, String Cheese</p>
<p><b>23</b></p> <p>Chicken Nuggets with Potato Wedges and a Roll or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>24</b></p> <p>Beef Nachos with Cheese Sauce and Refried Beans or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>25</b></p> <p>French Bread Pizza with Side Salad or Turkey &amp; Cheese Sandwich</p>	<p><b>26</b></p> <p>Chicken Burger with Potato Wedges or Turkey, Ham &amp; Cheese Hoagie</p>	<p><b>27</b></p> <p><b>NO SCHOOL</b> Teacher Workday</p>
<p><b>30</b></p> <p>Grilled Chicken Burger with Cheese and Tater Tots or Sunbutter &amp; Jelly Sandwich, String Cheese</p>	<p><b>31</b></p> <p>Chicken Caesar Salad with Roll and Butter or Turkey, Ham &amp; Cheese Hoagie</p>			



# Middle & High School

## January 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><i>Check <a href="http://bellinghamschools.org">bellinghamschools.org</a> for the latest updates.</i></p>		
<p><b>2</b></p> <p><b>NO SCHOOL</b> New Year's Day Observed</p>	<p><b>3</b></p> <p>Chicken Burger with Tater Tots or Cheeseburger with Fries or DAILY DELI</p>	<p><b>4</b></p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p><b>5</b></p> <p>BBQ Roasted Chicken, Potato Wedges, and Roll or Grilled Turkey Bacon Club with Tomato Soup or DAILY DELI</p>	<p><b>6</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Chicken Parmesan with Penne, Garlic Toasts and Caesar Salad or Pizza with Caesar Salad</p>
<p><b>9</b></p> <p>Chicken Nuggets with Mashed Potatoes &amp; Gravy and Roll or Philly Cheesesteak with Fries or DAILY DELI</p>	<p><b>10</b></p> <p>Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Italian Meatball Sub with Caesar Salad or DAILY DELI</p>	<p><b>11</b></p> <p>Pizza with Caesar Salad or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p><b>12</b></p> <p><b>HIGH SCHOOL</b> French Toast Sticks with Sausage or Chicken Teriyaki, Rice or Noodles, Egg Roll, and Broccoli or DAILY DELI</p> <p><b>MIDDLE SCHOOL EARLY DISMISSAL SACK LUNCH ONLY</b></p>	<p><b>13</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>16</b></p> <p><b>NO SCHOOL</b> Martin Luther King, Jr. Holiday</p>	<p><b>17</b></p> <p>All Beef Mariner Dog with Potato Salad and Fries or Cuban Sandwich with Fries or DAILY DELI</p>	<p><b>18</b> <b>Harvest of the Month APPLES</b></p> <p>Baked Potato with Ham &amp; Cheese, Roll with Butter, and <b>Sliced Apples with Sweet Fruit Dip</b> or Pizza with Caesar Salad or DAILY DELI</p>	<p><b>19</b></p> <p>Pizza with Caesar Salad or Chicken Yakisoba with Egg Roll or DAILY DELI</p>	<p><b>20</b></p> <p>100% Beef Cheeseburger with Potato Wedges or Penne Pasta with Meatballs and Garlic Toasts and Caesar Salad or Pizza with Caesar Salad</p>
<p><b>23</b></p> <p>Chicken Nuggets with Potato Wedges and a Roll or BBQ Cheeseburger with Fries or DAILY DELI</p>	<p><b>24</b></p> <p>Beef Nachos with Cheese Sauce, Refried Beans and Mexi Rice or Chicken Parmesan Sandwich with Fries or DAILY DELI</p>	<p><b>25</b></p> <p>Pizza with Caesar Salad or Greek Gyro with Chicken and Cucumber Salad or DAILY DELI</p>	<p><b>26</b></p> <p>Chicken Burger with Fries or Chicken Teriyaki, Rice or Noodles, Egg Roll, and Broccoli or DAILY DELI</p>	<p><b>27</b></p> <p><b>NO SCHOOL</b> Teacher Workday</p>
<p><b>30</b></p> <p>Grilled Chicken Burger with Cheese and Tater Tots or Pulled Pork Sandwich with Coleslaw and Fries or DAILY DELI</p>	<p><b>31</b></p> <p>Bacon Cheeseburger with Fries or Chicken Quesadilla with Mexi Rice and Refried Beans or DAILY DELI</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 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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