



School MENUS

January/February 2018

The Good Food Promise

Eating healthy food is important to the Bellingham Public Schools community. But what does “healthy” really mean? Last spring, a community group called the Food Values Advisory Group worked to define our school “food values.” The group developed a draft of **The Good Food Promise** calling out three simple reminders to help guide healthy eating:



1. Eat plenty of minimally-processed, whole foods, especially fruits and vegetables;
2. Limit salt and sugar, and choose healthy fats;
3. Avoid artificial colors, flavors and additives.

We are working to apply these guidelines to all food in our schools, from school meals to celebrations in the classroom. The Good Food Promise has been shared with staff groups including the Food Services team and we are happy to share it now with all families. You can find it posted at bellingshamschools.org/wellness.

Feedback is welcome! Please contact the Director of Wellness Jessica Sankey with any input at Jessica.Sankey@bellingshamschools.org.

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 for January

The January Harvest of the Month is **apples** and will be served in school cafeterias on Wednesday, Jan. 31. Cinnamon apples will be served alongside French Toast sticks and sausages.

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.



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

Elementary School

January/February 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan. 1 NO SCHOOL New Year's Day	2 All Beef Hot Dog with SunChips or Turkey, Turkey Ham & Cheese Hoagie	3 Asian Chicken Rice Bowl, Spring Roll and Fortune Cookie or Turkey & Cheese Sandwich	4 Pizza Slice and Caesar Salad or Turkey, Turkey Ham & Cheese Hoagie	5 Cheeseburger with Tater Tots or Sunbutter and Jelly Sandwich and String Cheese
8 Chicken Bites with Potato Wedges and Soft Breadstick or Sunbutter and Jelly Sandwich and String Cheese	9 Turkey Soft Taco with Mexi Rice or Turkey, Turkey Ham & Cheese Hoagie	10 Roast Turkey with Mashed Potatoes and Gravy and a Roll or Turkey & Cheese Sandwich	11 Personal Pizza with Side Salad or Turkey, Turkey Ham & Cheese Hoagie	12 Macaroni & Cheese with Garlic Toast or Sunbutter and Jelly Sandwich and String Cheese
15 NO SCHOOL Martin Luther King Jr. Holiday	16 Chicken Drumstick with Potato Wedges and Roll or Turkey, Turkey Ham & Cheese Hoagie	17 Penne Pasta with Chicken Alfredo Sauce, Garlic Toast, and Caesar Salad or Turkey & Cheese Sandwich	18 Cheese Breadsticks with Marinara Sauce and Side Salad or Turkey, Turkey Ham & Cheese Hoagie	19 Cheeseburger with Potato Wedges or Sunbutter and Jelly Sandwich and String Cheese
22 Grilled Chicken Burger with Tater Tots or Sunbutter and Jelly Sandwich and String Cheese	23 Chicken Fajita Taco with Mexi Rice or Turkey, Turkey Ham & Cheese Hoagie	24 NO SCHOOL Teacher Workday	25 Pizza Slice and Caesar Salad or Turkey, Turkey Ham & Cheese Hoagie	26 Beef Gyro with Cucumber Salad or Sunbutter and Jelly Sandwich and String Cheese
29 All Beef Hot Dog with Chili or Sunbutter and Jelly Sandwich and String Cheese	30 BBQ Roasted Chicken with Potato Wedges and Biscuit or Turkey, Turkey Ham & Cheese Hoagie	31 Harvest of the Month APPLES French Toast Sticks with Sausage and Cinnamon Apples	Feb. 1 Personal Pizza with Side Salad or Turkey, Turkey Ham & Cheese Hoagie	2 Cheeseburger with Tater Tots or Sunbutter and Jelly Sandwich and String Cheese
5 Chicken Nuggets with Potato Wedges and Garlic Toast or Sunbutter and Jelly Sandwich and String Cheese	6 Turkey Soft Taco with Mexi Rice or Turkey, Turkey Ham & Cheese Hoagie	7 Chicken Pot Pie and Biscuit or Turkey & Cheese Sandwich	8 Cheese Breadsticks with Marinara Sauce and Side Salad or Turkey, Turkey Ham & Cheese Hoagie	9 NO SCHOOL Teacher Workday

This institution is an equal opportunity provider.