



MASTER 2017 Lunch Menu: Bellaire Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
		3 Creamy Macaroni & Cheese Warm Pretzel Rod BBQ Baked Beans Turkey & Cheddar on Ciabatta Roll	4 Pancakes Scrambled Eggs Cinnamon Baked Apple Slices Turkey & Cheddar on Ciabatta Roll	5 Michigan Made Bosco's with Pizza Sauce Seasoned Green Beans Turkey & Cheddar on Ciabatta Roll
8 Chicken & Mozzarella Quesadilla with Salsa Broccoli Florets Cereal Fun Lunch	9 Chicken Nuggets with Warm Pretzel Rod Potato Wedges Cereal Fun Lunch	10 Cheeseburger on Bun Seasoned Corn Cereal Fun Lunch	11 Soft Beef Taco with Shredded Cheddar and Low Fat Sour Cream Mexican Black Beans Cereal Fun Lunch	12 Classic Cheese Pizza Romaine Side Salad Cereal Fun Lunch
15 Breaded Chicken Drum Fresh Baked Biscuit Seasoned Green Beans Ham & American Sub Sandwich	16 Sweet & Sour Popcorn Chicken Brown Rice Broccoli Florets Ham & American Sub Sandwich	17 Beef Spaghetti Sauce Pasta Seasoned Peas Ham & American Sub Sandwich	18 ½ Day	19 ½ Day
22 Cheeseburger on Bun Baked Tater Tots PB&J Fun Lunch	23 Ham & Cheese Bagel Melt Roasted Squash PB&J Fun Lunch	24 Warm Beef & Cheese Macho Nachos Refried Beans PB&J Fun Lunch	25 Toasted Cheese Sandwich Crackers Tomato Soup PB&J Fun Lunch	26 Classic Cheese Pizza Crunchy Romaine & Spinach Side Salad PB&J Fun Lunch
Elementary Lunch \$2.50	<p>Have you filled out your 2017-18 school year meal application for free/reduced priced meals? Last years application expired October 16th Fill out a new one at Lunchapp.com Food Focus of the Month: Root Vegetables!</p>			

Fresh Fruit and Vegetable Bar (Available Daily with ALL meals)

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate. USDA is an equal opportunity employer and provider.



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MASTER 2017

Breakfast Menu: Bellaire Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
30 Breakfast Pizza Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	31 BeneFIT Breakfast Bar Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	1 Bagel with Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	2 Cherry Frudel Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	3 French Toast Sticks (4) Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices
6 Breakfast Pizza Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	7 Blueberry Muffin Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	8 Bagel with Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	9 Mini Pancakes Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	10 Colby Cheese Omelet with Graham Cracker Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices
13 Breakfast Pizza Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	14 BeneFIT Breakfast Bar Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	15 Bagel with Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	16 Cherry Frudel Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slice	17 French Toast Sticks (4) Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices
20 Breakfast Pizza Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	21 Blueberry Muffin Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	22 Bagel with Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	23 Mini Pancakes Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices	24 Colby Cheese Omelet with Graham Cracker Assorted Fruit Juice Assorted Chilled Fruit Fresh Apple Slices


Elementary Breakfast
FREE

Food Focus of the Month: Legumes!

Look for this symbol  on the menu to identify the use of our monthly food focus!

Daily Alternates

- Assorted Low Sugar Cereal w/ String Cheese
- Assorted Low Sugar Cereal w/ String Cheese
- Assorted Low Sugar Cereal w/ String Cheese
- Assorted Low Sugar Cereal w/ String Cheese
- Assorted Low Sugar Cereal w/ String Cheese

Locally Grown
Locally grown fruits and vegetables are utilized when seasonably available. Look for this symbol  when viewing the menu to identify some of those products.

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. USDA is an equal opportunity employer and provider.

WHAT'S *happening* IN YOUR CAFÉ?

Welcome back to school and back to the café!

Meet Your Chef: Chef <NAME> has been serving students at <DISTRICT> since <DATE>. Her favorite school dish to make is <DISH> .

LUCKY TRAY DAY is August 8th at <NAME> Elementary Choose school lunch that day and if you get one of our Lucky Trays, you win a fun prize!

Turn in MEAL APPLICATIONS by <DATE>!



FOOD & wellness

Our August Food Focus is Summer Vegetables! Many vegetables such as corn, tomatoes, peppers, squash, cucumbers, sugar snap peas, and green beans grow best in warm temperatures, so we usually enjoy them fresh during the summer. Vegetables that are in season are more affordable and have better flavor!



FEATURED *recipe* STIR-FRY VEGGIES

Serves 6

Ingredients

1/2 c onions, sliced	1 c colorful veggie mix: green and red bell peppers, broccoli and/or snow peas
1-1/2 c baby carrots	1-1/2 canola oil
1/4 c baby corn, canned	

Blanch baby carrots by boiling or steaming them until al dente and then “shocking” them in ice bath (a bowl of ice water) to stop the cooking process. Slice vegetables as uniform as possible to ensure consistent cooking times. Stovetop: Add oil to skillet or wok. Add vegetables and stir vigorously on high heat for 3-4 min. Oven: Evenly distribute vegetables on a pan sprayed baking sheet. Cook at 350 degrees for about 8- 10 minutes. Veggies should be tender but crisp.



Nutrition per 1/2 cup serving: 70 calories, 4.5 g fat, 50 mg sodium, 0 mg cholesterol, 8 g carbohydrate, Contains less than 1 g protein, 2 g fiber