

OCTOBER 2020

BSD Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

5
Sausage Pancake
Dog
Tater Tots
Fresh Fruit
Veggie
Milk

6
Bagel w/Crm Cheese
Egg
Sun Seeds
Fresh Fruit
Veggie
Milk

7
Mac & Cheese
Sun Chips
Fresh Fruit
Veggie
Milk
Taste of Washington
Day!

8
PB&J Sandwich
Cheese Stick
Crackers
Fresh Fruit
Veggie
Milk

9
Pizza
Salad w/ Dressing
Fresh Fruit
Veggie
Milk

12
Mini Pancakes
Sausage Links
Fruit Cup
Carrots
Milk
This meal will be delivered with
Fridays Meal. There will be no bus
services today.

13
Soft Pretzel
Yogurt
Cheese Stick
Fresh Fruit
Veggie
Milk

14
Chicken
Sandwich
Fries
Fresh Fruit
Veggie

15
PB&J Sandwich
Sun Seeds
Crackers
Fresh Fruit
Veggie
Milk

16
Pizza
Salad w/ Dressing
Fresh Fruit
Veggie
Milk

19
Sausage Egg
Sandwich
Fresh Fruit
Veggie
Milk

20
Bagel w/Crm Cheese
Egg
Yogurt
Fresh Fruit
Veggie
Milk

21
Cheese Filled Bread
Sticks W/Marinara
Sauce
Fresh Fruit
Veggie
Milk

22
PB&J Sandwich
Cheese Stick
Crackers
Fresh Fruit
Veggie
Milk

23
Pizza
Salad w/ Dressing
Fresh Fruit
Veggie
Milk
This meal will be delivered
with Thursdays Meal. There
will be no bus services today.

26
French Toast
Sticks
Sausage Links
Fresh Fruit
Veggie
Milk

27
Soft Pretzel
Yogurt
Cheese Stick
Fresh Fruit
Veggie
Milk

28
Hamburger
Fries
Fresh Fruit
Veggie
Milk
Parent/Student
Conferences

29
PB&J Sandwich
Sun Seeds
Crackers
Fresh Fruit
Veggie
Milk

30
Pizza
Salad w/ Dressing
Fresh Fruit
Veggie
Milk

How to get a meal

Meals are available between 10a.-12p., M-F at multiple schools; they are also available for pick up on the elementary bus routes. You can check the BSD website for routes and times. Your student does not need to be present to receive a meal; you may pick one up for them. Meals are available to all children ages 18 and under.

Meal Bags

Meal bags consist of a breakfast and lunch. Some days may require some food items to be reheated. The meal bags will contain all the components required by the USDA for a complete meal. If you have any questions about the meals please feel free to contact the Child Nutrition Office at 360-473-4716 or 360-473-4717

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