

# Belmont High Lunch Menu

## October 2019

<http://www.belmont.k12.ma.us/bps/Home/Food-Services>



**Do you want to track and make deposits to your student's account online?** All you need is their ID number and then to visit the link below.  
<https://www.myschoolbucks.com/>  
 Please call our office at 617-993-5871 for ID number and any help.

### Don't Forget to Submit your 2019-20 Free/Red App!!

Apply Online Below:

<https://www.school lunchapp.com/District.aspx>

If needed, paper applications will still be available at your child's school or at our website.  
 Applications have to be filled out each school year to retain meal benefits.

### Meal Prices

Lunch: \$3.50  
 Entrée or 2nd Entree: \$1.75  
 8 Oz Milk: .50  
 Fruit and veggies with all meals as well as milk!

### Available Daily:

(V) BYO Salad Bar  
 (V) BYO Deli Bar  
 Spicy or Plain Chicken Patties  
 Cheese or Hamburgers  
 Assorted Snacks and Drinks

**Questions:** Please contact Dustin O'Brien, Food Service Director at 617-993-5871 or [dobrien@belmont.k12.ma.us](mailto:dobrien@belmont.k12.ma.us)

<p>(9/30)  <b>Keep it FRESH!</b>                      Fusilli w/ Mozz, Sun Dried Tomatoes &amp; Artichokes                      Garlic Bread                      Sliced Pears</p>	<p>(1)  <b>BURRITO BOWL!</b>                      Chicken / (V) Veggie Fajita Bowl                      Peppers and Onions                      Black Beans                      Steamed Rice &amp; Salsa</p>	<p>(2)  <b>NICK'S PLACE II</b>                      (V) Cheese or Sausage Pizza                      Garden Salad                      Apple Crisp                      w/ Whipped Cream</p>	<p>(3)  <b>*IGGY'S BREAD*</b>                      Shaved Steak and Cheese                      Peppers and Onions                      WG Pretzel Bag                      OJ and Apple Cups</p>	<p>(4)  <b>Chicken Bites Bar</b>                      Buffalo or Honey Mustard                      Sidewinder Fries                      Mixed Fruit</p>
<p>(7)  <b>NEW ITEM</b>                      (V) Soft Pretzel Cheddar Dip Cups                      Steamed Corn                      Assorted Fruits</p>	<p>(8)  <b>BURRITO BOWL!</b>                      Beef / (V) Veggie Fajita Bowl                      Peppers and Onions                      Black Beans                      Steamed Rice &amp; Salsa</p>	<p>(9)  <b>NICK'S PLACE II</b>                      (V) Cheese or Pepperoni Slice                      Tossed Greek Salad                      Baby Carrots                      Diced Pears</p>	<p>(10)  <b>Popcorn Chicken Bowl</b>                      Mashed Potatoes                      Sweet Corn                      WG Dinner Roll                      Fruit and Veggie Bar</p>	<p>(11)  <b>Chicken Parmesan over Penne</b>                      Lemon Zested Broccoli                      Garlic Bread                      Green Grapes</p>
<p>(14)  <b>NO SCHOOL</b>    <b>COLUMBUS DAY</b></p>	<p>(15)  <b>BURRITO BOWL!</b>                      Carnitas / (V) Veggie Fajita Bowl                      Peppers and Onions                      Black Beans                      Steamed Rice &amp; Salsa</p>	<p>(16)  <b>NICK'S PLACE II</b>                      (V) Cheese or Hamburger Slice                      Spicy Potato Wedges                      Apple Crisp w/ Whipped Cream</p>	<p>(17)  <b>WG Nacho Chips w/ Beef and Shredded Cheese</b>                      Shredded Lettuce                      Kickin' Pinto Beans                      Diced Tomatoes</p>	<p>(18)  <b>Kayem All Beef Hot Dog</b>                      Baked Beans                      Tossed Caesar Salad                      Fresh Grapes</p>
<p>(21)                      (V) Mac &amp; Cheese Bar  <i>Buffalo Chicken, Bacon Bits, Scallions and Jalapenos</i>                      Caesar Salad                      Garlic Bread</p>	<p>(22)  <b>BURRITO BOWL!</b>                      Chicken / (V) Veggie Fajita Bowl                      Peppers and Onions                      Black Beans                      Steamed Rice &amp; Salsa</p>	<p>(23)  <b>NICK'S PLACE II</b>                      (V) Cheese or Bacon Slice                      Roasted <b>LOCAL</b> Russet Potatoes                      Diced Peaches</p>	<p>(24)  <b>NEW ITEM</b>  <b>Tangerine Chicken and Rice Bowl</b>                      Brown Rice                      Sweet &amp; Sour Sauce                      Slice of Cantaloupe</p>	<p>(25)  <b>IT'S BACK!</b>  <b>Rodeo BBQ Burger</b>                      Onion Ring Topper                      Baked Potato Wedges                      Macintosh Apples</p>
<p>(28)  <b>NC Seafood—LOCAL</b>  <b>Panko Crusted Pollock</b>                      Tartar Sauce                      Lemon Wedge                      Grilled Asparagus</p>	<p>(29)  <b>BURRITO BOWL!</b>                      Beef / (V) Veggie Fajita Bowl                      Peppers and Onions                      Black Beans                      Steamed Rice &amp; Salsa</p>	<p>(30)                      Early Release Day!    <b>No Lunches Served!</b></p>	<p>(31)  <b>HAPPY HALLOWEEN!</b>  <b>NICK'S PLACE II</b>                      (V) Cheese or Buffalo Chicken                      Roasted Sweet Potatoes                      Diced Pineapple</p>	<p>(11/1)  <b>Teriyaki Chicken Dippers</b>                      Sweet Corn                      Jasmine Rice                      Chow Mein Noodles                      Diced Peaches</p>