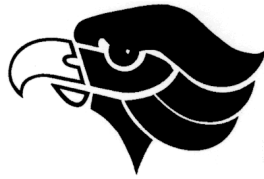


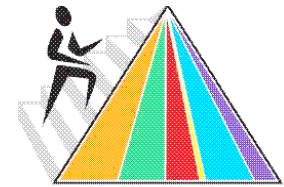
DIR. OF DINING SERVICES  
**JOE CONSOLMAGNO**  
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# BETHEL PARK ELEMENTARY LUNCH MENU AUGUST/SEPTEMBER 2010



**HOMESTYLE MEALS  
 EVERY WEDNESDAY!**  
**Nutritious Definition  
 of the Month :**  
**Vitamins**—Invisible  
 substances in food that  
 help your body grow and  
 stay healthy



**MyPyramid.gov**  
 STEPS TO A HEALTHIER  
 YOU

**Fruit Choice May Include:**  
 Apple, Orange, Grapes,  
 Banana, Pear, Cantaloupe,  
 Honeydew, Watermelon,  
 Applesauce, Peach, Fruit  
 Cocktail, Pineapple, Fruited  
 Gelatin, or Fruit Juice

**Veggie Choice May  
 Include:**  
 Tossed Salad, Potato Salad,  
 Carrots, Celery,  
 Cucumber, Tomato, Broccoli,  
 or Cauliflower

**ALTERNATES**  
 P/B & J Sandwich  
 Garden Salad with  
 Cheese and a roll  
 Deli Turkey & Cheese  
 Sandwich  
 Italian Hoagie



**LUNCH PRICES**

STUDENT PAID \$1.90  
 STUDENT REDUCED \$0.40  
 STUFFED CRUST PIZZA \$2.45  
 ADULT \$3.15/\$3.25  
 MAKE CHECKS PAYABLE TO  
**"BPSD Café Fund"**  
 Please Choose at least 3  
 of the 5 items for the  
 school lunch price!  
 Entrée, Choice of  
 Two Fruits and/or  
 Vegetables, Bread &  
 Choice of Milk,  
 1%, Low-fat Chocolate,  
 and Nonfat  
 MENU SUBJECT TO  
 CHANGE!

**NEW THIS MONTH!**

**FREE COOKIE DAY**  
**JELLO WITH LUNCH**  
**PUDDING WITH  
 LUNCH**

**THIS MONTH  
 COMMISSIONER  
 NUTRITION  
 INVESTIGATES—  
 "SUMMER  
 VEGETABLES"**



Monday	Tuesday	Wednesday	Thursday	Friday
23 <b>PARENT ALERT</b> <b>APPLICATION FOR            FREE/REDUCED            MEALS</b> Go to: <b>Bpsd.org or            call 412-854-8426</b>	24 <b>CHICKEN NUGGETS</b> w/Sauce & a Roll -OR- <b>CHEESEBURGER on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Oven Fries MIXED FRUIT Milk	25 <b>MACARONI &amp; CHEESE</b> with a Roll -OR- <b>CHICKEN PATTY on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Green Beans Peach Slices Milk	26 <b>PUDDING WITH LUNCH</b> <b>TACO PIZZA</b> -OR- Turkey and Cheese Hoagie <b>FEATURED FRUIT &amp; VEGGIE</b> CARROT STICKS Applesauce Milk	27 <b>ITALIAN DUNKERS</b> w/Marinara Sauce -OR- <b>CHICKEN PATTY on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Tossed Salad with Dressing Pear Slices Milk
30 <b>TOASTED CHEESE SANDWICH</b> W/PICKLES -OR- <b>POPCORN CHICKEN</b> with a Roll <b>FEATURED FRUIT &amp; VEGGIE</b> TOMATO SOUP Orange Wedges MILK	31 <b>LUCKY TRAY DAY</b> <b>POPCORN Chicken</b> W/ROLL -OR- <b>CHEESEBURGER on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> GOLDEN CORN FRESH APPLE Milk	1 <b>"BREAKFAST FOR LUNCH</b> <b>PANCAKES w/ Syrup and</b> <b>HAM ROLLS</b> -OR- <b>HOT DOG on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Tater Puffs Peach Slices Milk	2 <b>JELLO WITH LUNCH</b> <b>CHICKEN SLIDERS(2)</b> -OR- <b>SLOPPY JOE on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> CELERY STICKS Cantaloupe Slices Milk	3 <b>CHEESY BREAD STICKS</b> -OR- <b>HOT HAM &amp; CHEESE on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> MIXED VEGETABLES Applesauce Milk
6  <b>LABOR DAY            SCHOOL CLOSED</b>	7 <b>LUCKY TRAY DAY</b> Soft BEEF TACO with Toppings -OR- <b>CHEESEBURGER on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> SPANISH RICE/CELERY STIXS Watermelon Wedge Milk	8 <b>FREE COOKIE W/LUNCH</b> <b>HOT TURKEY Sandwich</b> -OR- <b>HOT DOG on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Whipped Potatoes & GRAVY PEACHES Milk	9 <b>CHICKEN PATTIE ON A BUN</b> -OR- <b>LA CINNAMON BREAD W/HAM</b> <b>FEATURED FRUIT &amp; VEGGIE</b> TATER TOTS MIXED FRUIT MILK	10 <b>TACO PIZZA</b> -OR- <b>PASTA W/MEAT SAUCE &amp;            BREAD STICK</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Tossed Salad with Dressing Pear Slices Milk
13 <b>TURKEY &amp; CHEESE HOAGIE</b> -OR- <b>CHICKEN NUGGETS</b> with Sauce & a Roll <b>FEATURED FRUIT &amp; VEGGIE</b> Celery Sticks Applesauce Milk	14 <b>LUCKY TRAY DAY</b> <b>SCHOOL PIZZA CHEESE</b> -OR- <b>CHEESEBURGER on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Cucumber Slices PEACHES Milk	15 <b>"BACK TO SCHOOL MEAL"</b> Recess RIGATONI with Meat sauce and a BREAD STIX-OR- <b>HOT DOG on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Studios Salad with Dressing Principal's Pear Slices Milk	16 <b>PUDDING WITH LUNCH</b> <b>SLOPPY JOE on a Bun</b> -OR- <b>CHICKEN PATTY on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Garden Peas Mixed Fruit Milk	17 <b>STUFFED CRUST PIZZA</b> -OR- <b>BBQ RIB Sandwich</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Mixed Veggies Pineapple Chilled Milk
20 <b>NACHO'S GRANDE</b> -OR- <b>CHICKEN NUGGETS</b> with Sauce & a Roll <b>FEATURED FRUIT &amp; VEGGIE</b> SWEET CORN Fresh Apple Milk	21 <b>LUCKY TRAY DAY</b> <b>FRENCH TOAST STICKS W/            HAM ROLLS</b> -OR- <b>CHEESEBURGER on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> TATER TOTS Watermelon Wedge Milk	22 <b>HEARTY CHICKEN BOWL</b> (CHICKEN, POTATO, CORN, GRAVY) -OR- <b>HOT DOG on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Whipped Potatoes MIXED FRUIT MILK	23 <b>PUDDING WITH LUNCH</b> <b>MACARONI &amp; CHEESE</b> with a Roll -OR- <b>CHICKEN PATTY on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> Green Beans Peach Slices Milk	24 <b>CHEESY BREAD STICKS</b> -OR- <b>HOT HAM &amp; CHEESE on a Bun</b> <b>FEATURED FRUIT &amp; VEGGIE</b> MIXED VEGETABLES Applesauce Milk