


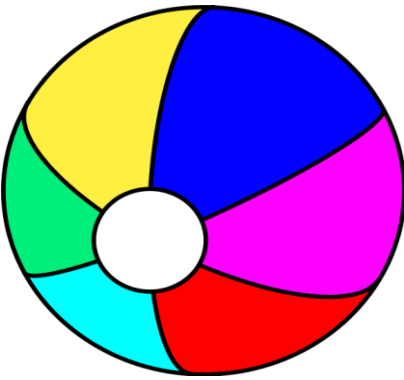
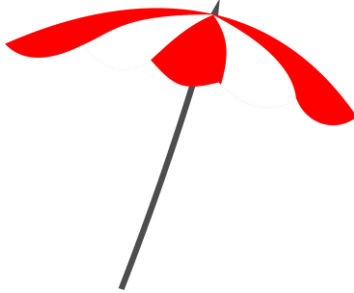
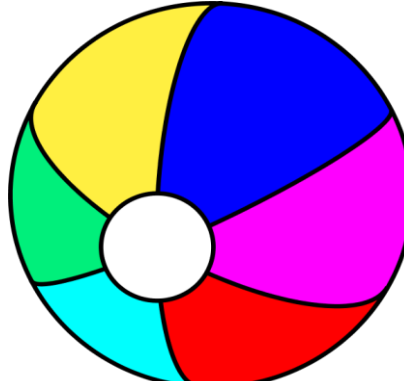
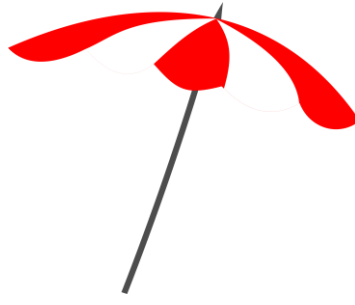
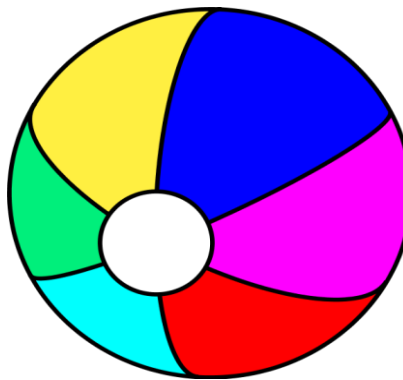









| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 5/29/17 MEMORIAL DAY SCHOOL CLOSED  | 5/30/17 (1) FRENCH TOAST STICKS W/SAUSAGE PATTIE (2) BUCKET OF NUGGETS WITH WG ROLLS (3) "NEW" GRILLED CHICKEN CHUNKS CELERY STICKS | 5/31/17 (1) STUFFED CRUST PIZZA* (2) CHICKEN & CHEESE QUESADILLA (3) CHICKEN PATTIE SANDWICH BAKED TATER TOTS | 6/1/17 (1) NACHO'S GRANDE (2) CORN DOG ON STICK (3) BUILD UR OWN POTATO BAR BAKED POTATO STEAMED BROCCOLI | 6/2/17 (1) PEPPERONI ROLL* (2) TOASTED CHEESE SANDWICH Sliced pickles on the side FRESH PETITE CARROTS |
| 6/5/17 (1) WAFFLES w/Fruit With Sausage Patties (2) BUCKET OF NUGGETS WITH WG ROLLS (3) "NEW" GRILLED CHICKEN CHUNKS BAKED FRENCH FRIES | 6/6/17 (1) NACHO'S GRANDE (2) CORN DOG ON STICK (3) BUILD UR OWN POTATO BAR BAKED POTATO ASSORTED VEGETABLES | 6/7/17 (1) "CRAVEABLE" PEPPERONI PIZZA* (Bread, cheese, sauce, juice) (2) FRENCH TOAST STICKS WITH SAUSAGE PATTIE ASSORTED VEGETABLES | 6/8/17 (1) MAC & CHEESE with roll (2) CHEESE OR HAMBURGER ON A BUN ASSORTED VEGETABLES | 6/9/17 (1) PEPPERONI ROLL* (2) HOT DOG ON A BUN ASSORTED VEGETABLES |
| 6/12/17 (1) STUFFED CRUST PIZZA* (2) BUCKET OF NUGGETS WITH WG ROLLS (3) "NEW" GRILLED CHICKEN CHUNKS ASSORTED VEGETABLES | 6/13/17 (1) STUFFED CHEESE STICKS (2) BBQ RIB SANDWICH ASSORTED VEGETABLES | 6/14/17 (1) CORN DOG ON STICK (2) CHEESE OR PEPPERONI PIZZA ASSORTED VEGETABLES | 6/15/17  | 6/16/17  |
| 6/19/17  | 6/20/17  | 6/21/17  | 6/22/17  | 6/23/17  |
| 6/26/17  | 6/27/17  | 6/28/17  | 6/29/17  | 6/30/17  |

Daily Alternative Entree:
Chicken Patty Sandwich
Cheese Pizza
(Monday-Tuesday-Wednesday)

CRAVEABLE LINE UP
"Danimal" Yogurt,
String Cheese, Goldfish
w/APPLE & EVE JUICE BOX
"CRAVEABLE" Ham & Cheese OR
"CRAVEABLE" Turkey & Cheese
INCLUDES APPLE & EVE 100% JUICE BOX

Garden Salad with Chicken
Whole Wheat Roll
Sunbutter & Grape Jelly
on Goldfish Bread
BP SCHOOLS ARE PEANUT "FREE"

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white, and fat-free chocolate, vanilla, strawberry

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Beans/Peas/Starchy - white potatoes, corn, peas.
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers green beans and cabbage
Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

All breads, rolls and breadings are made from Whole Grains for your children to eat healthy!

Student A La Cart Prices

Fruits or Vegetables \$.85

Dinner Roll, Bread, or Grain \$.85

Beverages

Milk \$.70

Water 8 oz \$.50

Nutritious Friendly Snacks

Yogurt \$.85

String Cheese \$.75

Large Snack \$1.00

Small Snack \$.80

*Special Treats

Hershey's Ice Cream \$.85

\$1.35

Money may be deposited daily into your child's cafeteria account. Please make checks payable to:

BPSD Cafeteria Fund

Money may also be deposited into your child's cafeteria account online at www.payforit.net.

*Parents can also access their child's cafeteria balance.

* Parents can flag their child's account for dietary notes.

The National School Lunch Program requires that this Menu as well as Snack and A La Carte offerings meet the Nutrient Standards established by the Healthy Hunger Free Kids Act 2010.

Nutrient Standards

The minimum school week averages for nutrients:

Calories: 550-650 Saturated Fat: < 10%

Trans Fat: 0g Sodium <1230mg

A Meal Includes:

An Entrée (Meat/ Meat Alternate + Grain)

Choice of Fresh or Canned Fruit & 100% Fruit Juice

Choice of Steamed or Fresh Vegetables (2)

Choice of Milk

**Live Well with the
JUNE Nutritious Friend**



From the Metz Culinary Management staff to all the students, parents, teachers and staff of Bethel Park,

***Wish you a SAFE &
RELAXING SUMMER VACATION!***

ITEMS FOR LUNCH!

"CRAVEABLE" TURKEY & CHEESE

Fresh Turkey Slice, Cheddar Cheese Cubes, Fresh Apple Slices, Fresh Petite Carrots, Goldfish Crackers & Apple & Eve 100% Juice Box

"CRAVEABLE" HAM & CHEESE

Fresh Ham Slice, Cheddar Cheese Cubes, Fresh Apple Slices, Fresh Petite Carrots, Goldfish Crackers & Apple & Eve 100% Juice Box

"CRAVEABLE" BUILD YOUR OWN PIZZA

Flatbread, Pizza Sauce, Mozzarella Cheese, Fresh Apple Slices, Fresh Petite Carrots, Goldfish Crackers & Apple & Eve 100% Juice Box

"CRAVEABLE" Dannon Danimal Yogurt

Dannon Danimal Yogurt, String Cheese, Carrots, Goldfish Crackers & Apple & Eve 100% Juice Box (includes a serving of fruit & vegetable,



Metz Culinary Management Team

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For Account Questions Contact:

Diane Counihan, Office

412-833-5019

We are here to service you!