

AUGUST SEPTEMBER 2017



Bethel Park SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

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, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

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, 100% fruit juices and mandarin oranges

Daily Entree Options include:

Chicken Patty Sandwich

Cheese Pizza (Mon. Tues. Wed.)

Sunbutter & jelly with

String Cheese & Goldfish crackers

Grilled Chicken Salad w/ roll

CRAVEABLE LUNCHES

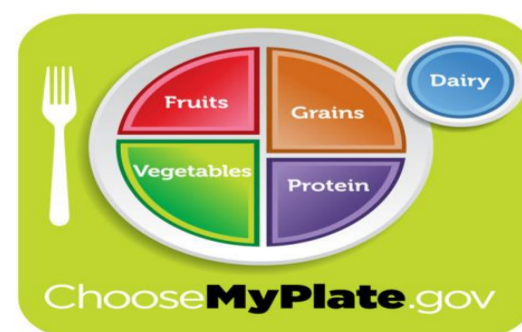
Fruit & Yogurt Lunch w/Goldfish, String

Cheese, & 100% Juice Box

Cubed Ham & Cheddar Cheese or

Cubed Turkey & Cheddar Cheese w/Goldfish,

Apple Slices, String Cheese &



Lunch Prices

Student \$2.35/\$2.90*Tier

Reduced \$.40

Adult \$3.60/\$3.80*Tier

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www.PayForIt.net OnLine Payments

USDA is an equal opportunity provider and employer.

Monday 8/21/2017	Tuesday 8/22/2017	Wednesday 8/23/2017	Thursday 8/24/2017	Friday 8/25/2017
KID'S LOVE THEM! TRY A CRAVEABLE LUNCH	THIS WEEK ONLY TRY A CRAVEABLE LUNCH	1ST GRADERS EAT FREE TRY A CRAVEABLE LUNCH	1ST GRADERS EAT FREE TRY A CRAVEABLE LUNCH	1ST GRADERS EAT FREE TRY A CRAVEABLE LUNCH
8/28/2017 (1) French Toast Sticks w/Sausage Patties (2) Chicken Nuggets with a Dinner Roll (3) Grilled Chicken Chunks Cucumber Slices KID'S LOVE THEM! TRY A CRAVEABLE LUNCH	8/29/2017 (1) CORN DOG ON A STICK (2) Nacho Grande Tortilla Chips (3) Build UR own Potato Bar Baked Potato Tomato & Onion Salsa TRY A CRAVEABLE LUNCH	8/30/2017 (1) CRAVEABLE PIZZA (Crust, Cheese, Sauce< Juice) (2) Popcorn Chicken with a Dinner Roll Tater Tots TRY A CRAVEABLE LUNCH	8/31/2017 (1) WAFFLES w/Sausage Patties (2) Rotini Pasta w/Meatballs Garlic Bread Stick (3) MEATBALL HOAGIE Garden Salad TRY A CRAVEABLE LUNCH	9/1/2017 (1) Toasted Cheese Sandwich (2) Pepperoni Roll* with Sauce Baby Carrots TRY A CRAVEABLE LUNCH
9/4/2017 LABOR DAY NO SCHOOL KID'S LOVE THEM! TRY A CRAVEABLE LUNCH	9/5/2017 (1) "NEW" NARDONE'S STUFFED CRUST PIZZA* NEW NEW NEW (2) YOGURT & GRANOLA BAR Select your favorite "GRANOLA" Celery Sticks Baby Carrots TRY A CRAVEABLE LUNCH	9/6/2017 (1) CHEESY BREAD STICKS (2) GENERAL TSO CHICKEN Over Rice Steamed Broccoli TRY A CRAVEABLE LUNCH	9/7/2017 (1) WALKIN TACO FRITO CORN CHIPS (2) PANCAKES w/Sausage Patties Cauliflower Cucumber Salad TRY A CRAVEABLE LUNCH	9/8/2017 (1) MAC & CHEESE Bread Stick (2) PEPPERONI ROLL* with Sauce Oven Fries Tomato Soup TRY A CRAVEABLE LUNCH
9/11/2017 (1) French Toast Sticks w/Sausage Patties (2) Chicken Nuggets with a Dinner Roll (3) Grilled Chicken Chunks Cucumber Slices KID'S LOVE THEM! TRY A CRAVEABLE LUNCH	9/12/2017 NEW! NEW! NEW! (1) YOGURT & GRANOLA BAR Select your favorite "GRANOLA" (2) Nacho Grande Tortilla Chips (3) Build UR own Potato Bar Baked Potato Green Pepper Strips TRY A CRAVEABLE LUNCH	9/13/2017 (1) CRAVEABLE PIZZA (Crust, Cheese, Sauce< Juice) (2) Toasted Cheese Sandwich Green Beans Baby Carrots TRY A CRAVEABLE LUNCH	9/14/2017 NEW! NEW! NEW! (1) MINI FLAVORED PANCAKES w/Sausage Patties or (2) Penne Pasta & Meatballs Garlic Bread Stick Celery Sticks Spinach Salad TRY A CRAVEABLE LUNCH	9/15/2017 (1) TURKEY HOT DOG On a Bun (2) PEPPERONI ROLL* with Sauce Steamed Carrots Corn Salad TRY A CRAVEABLE LUNCH
9/18/2017 (1) "NEW" NARDONE'S STUFFED CRUST PIZZA* or (2) POPCORN CHICKEN with a Dinner Roll (3) Grilled Chicken Chunks Oven Fries Chick Pea Salad KID'S LOVE THEM! TRY A CRAVEABLE LUNCH	9/19/2017 (1) CHICKEN & CHEESE Quesadilla or (2) WALKIN TACO FRITO CORN CHIPS Mexicala Corn Tomato & Onion Salsa TRY A CRAVEABLE LUNCH	9/20/2017 (1) MAC & CHEESE Bread Stick or (2) French Toast Sticks With Sausage Patties Potato Triangles Tomato Soup TRY A CRAVEABLE LUNCH	9/21/2017 (1) BBQ Ribby (McRib) On a Bun (2) Mini Corn Dogs Garlic Bread Stick Romaine Salad Celery Sticks with Ranch TRY A CRAVEABLE LUNCH	9/22/2017 CHEESEBURGER OR HAMBURGER On a Roll (2) PEPPERONI ROLL* with Sauce Sliced Tomatoes Lettuce TRY A CRAVEABLE LUNCH