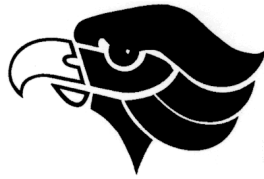


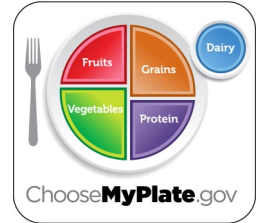
DIR. OF DINING SERVICES  
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# BETHEL PARK ELEMENTARY LUNCH MENU JANUARY 2012



HOMESTYLE MEALS  
 EVERY WEDNESDAY!  
 Nutritious Definition  
 of the Month :  
100% Fruit Juice:  
 The best kind of juice ,  
 you should drink  
 12 oz or less



**STEPS TO A HEALTHIER YOU**  
**Fruit Choice May Include:**  
 Apple, Orange, Grapes, Banana, Pear, Cantaloupe, Honeydew, Watermelon, Applesauce, Peach, Mixed Fruit , Pineapple, or Fruit Juice  
**Veggie Choice May Include:**  
 Tossed Salad, Potato Salad, Carrots, Celery, Cucumber, Tomato, Broccoli, or Cauliflower

**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!  
 Meat/Meat Alt, Choice of  
 Two Fruits and/or  
 Vegetables, Bread &  
 Choice of Milk,  
 1% WHITE or  
 FAT FREE CHOCOLATE  
 MENU SUBJECT TO  
 CHANGE!

**NEW THIS MONTH!**  
**BREAKFAST SERVED DAILY!**  
**EAT HEALTHY SALAD BAR DAY**

THIS MONTH  
**"CHEF METZ"**  
 INVESTIGATES  
 FOODS FOR A  
 HEALTHY HEART



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>LUCKY TRAY DAY</b> PANCAKES W/ SAUSAGE CHEESE PIZZA TATER TOTS PEAR SLICES <u>SMUCKERS PB&amp;J</u>	3 GENERAL TSO CHICKEN HOT DOG ON WHEAT BUN Brown Rice/Broccoli MIXED FRUIT <b>BAGEL W/Cheese &amp; YOGURT</b>	4 <b>FREE PUDDING TODAY</b> Snowman NACHO'S GRANDE (Meat, Cheese, Salsa) ITALIAN DUNKERS w/Marinara Sauce CORN ORANGE SMILES <u>SMUCKERS PB&amp;J</u>	5 <b>NEW ITEM</b> <u>Peanut Butter &amp; Banana Sandwich</u> POPCORN CHICKEN with a Roll. CARROT COINS PEACHES	6 STUFFED CRUST PIZZA \$2.45 FRENCH TOAST STICKS W/SAUSAGE GREEN BEANS APPLESAUCE <u>SMUCKERS PB&amp;J</u>
9 <b>DIRT DAY</b> CHEESY NORTH POLE-BREAD STICKS W/PIZZA SAUCE- CHEESE PIEROGIES CARROT STICKS/PEACHES <b>DIRT &amp; WIGGLY WORM TREAT</b> GRILLED CHICKEN ON SALAD	10 <b>LUCKY TRAY DAY</b> CHEESE PIZZA BAGELS SPAGHETTI W/ MEAT SAUCE W/ROLLS CELERY STICKS/PINEAPPLE GRILLED CHICKEN ON SALAD	11 <b>NEW ITEM</b> <b>SALAD BAR DAY!</b> CHICKEN, CHEESE & ASSORTED TOPPINGS W BREAD STICK <b>MINI CORN DOGS</b> TOSSED SALAD/MIXED FRUIT CHICKEN NOODLE SOUP GRILLED CHICKEN ON SALAD	12 <b>NEW ITEM</b> WALKIN 'FRITO' TACO CHICKEN PATTY ON A BUN Egg Noodles/Carrots PEAR SLICES GRILLED CHICKEN ON SALAD	13 STUFFED CRUST PIZZA \$2.45 TOASTED CHEESE SANDWICH W/PICKLES TOMATO SOUP PEACH SLICES GRILLED CHICKEN ON SA
16 CHICKEN NUGGETS w/BBQ Sauce & a Roll HOT DOG ON A BUN BAKED BEANS/APPLESAUCE <u>SMUCKERS PB&amp;J</u>	17 <b>NEW ITEM</b> <u>PIZZA DIPPERS W/SAUCE \$2.45</u> HAMBURGER ON A BUN MIXED VEGETABLES FRESH APPLE <b>BAGEL W/Cheese &amp; YOGURT</b>	18 <b>FREE JELLO TODAY</b> Snowman NACHO'S GRANDE (Meat, Cheese, Salsa) "BREAKFAST FOR LUNCH PANCAKES w/ Syrup & SAUSAGE TATER TOTS DICED PEACHES <u>SMUCKERS PB&amp;J</u>	19 CHICKEN PATTY ON A BUN MACARONI & CHEESE w/ROLL SWEET PEAS FRUIT CUP <b>BAGEL W/Cheese &amp; YOGURT</b>	20 STUFFED CRUST PIZZA \$2.45 <u>FRENCH TOAST STICKS W/SAUSAGE</u> CHILLY CARROTS DICED PEARS <u>SMUCKERS PB&amp;J</u>
23 <b>LUCKY TRAY DAY</b> POPCORN CHICKEN with a Roll PANCAKES W/SAUSAGE Celery Sticks/MIXED FRUIT <i>Turkey &amp; Cheese Sand.</i>	24 PEPPERONI OR CHEESE PIZZA Snowman NACHO'S GRANDE (Meat, Cheese, Salsa) RICE/ORANGE SMILE <i>Turkey &amp; Cheese Sand</i>	25 <b>TEACHER INSERVICE DAY            SCHOOLS CLOSED</b>	26 <b>TEACHER INSERVICE DAY            SCHOOLS CLOSED</b>	27 <b>TEACHER INSERVICE DAY            SCHOOLS CLOSED</b>
30 PEPPERONI OR CHEESE PIZZA HOT DOG ON A BUN Egg Noodles CHILLY CARROTS Fresh APPLE GRILLED CHICKEN ON SALAD	31 <b>LUCKY TRAY DAY</b> CHICKEN NUGGETS w/BBQ Sauce & a Roll SPAGHETTI W/ MEAT SAUCE W/ROLLS GREEN BEANS//MIXED FRUIT GRILLED CHICKEN ON SALAD	<b>FROM THE METZ EMPLOYEES IN THE BETHEL PARK FOOD SERVICE DEPT.            HAPPY NEW 2012 YEAR!</b>	<b>BREAKFAST IS SERVED DAILY FOR ALL STUDENTS!</b>	<b>HAPPY NEW YEAR!            2012            FOOD QUESTION, CALL 412-854-8754 ASK JOE</b>

**ALTERNATES**  
**SMUCKERS PB&J Sand-**  
**wich W/ CHEESE STIX**  
**Garden CHEF Salad**  
**with Cheese and a roll**  
**BAGEL W/Cheese & YOGURT**  
**Grilled Chicken on Salad**

