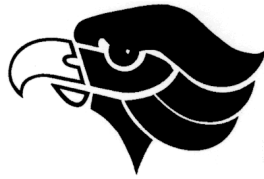


DIR. OF DINING SERVICES
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BETHEL PARK ELEMENTARY LUNCH MENU FEBRUARY 2012



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

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!

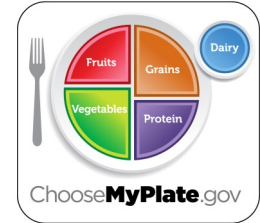
NEW THIS MONTH!
BIG PIZZA DIPPERS
 W/SAUCE
BREAKFAST SERVED
DAILY!

EAT HEALTHY
SALAD BAR DAY

THIS MONTH
"CHEF METZ"
 INVESTIGATES
 FOODS FOR
 HEALTHY TEETH &
GUMS



Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST IS SERVED DAILY FOR ALL STUDENTS!		1 NACHO'S GRANDE (Meat, Cheese, Salsa) ITALIAN DUNKERS w/Marinara Sauce CORN ORANGE SMILES <u>SMUCKERS PB&J</u>	2 Have some fun day! Halloweenies in February POPCORN CHICKEN with a Roll. CARROT COINS PEACHES BAGEL W/Cheese & YOGURT	3 KIDS LOVE THESE FAVORITES! STUFFED CRUST PIZZA \$2.45 FRENCH TOAST STICKS W/SAUSAGE GREEN BEANS APPLESAUCE <u>SMUCKERS PB&J</u>
6 CHEESY BREAD STICKS W/PIZZA SAUCE- CHEESE PIEROGIES CARROT STICKS/PEACHES GRILLED CHICKEN ON SALAD	7 <u>LUCKY TRAY DAY</u> GENERAL TSO CHICKEN SPAGHETTI W/ MEAT SAUCE W/ROLLS RICE IS NICE BIG AND STRONG BROCCOLI PINEAPPLE GRILLED CHICKEN ON SALAD	8 LET'S GO PENS SALAD BAR DAY! MEAT, CHEESE & ASSORTED TOPPINGS W BREAD STICK CORN DOGS TOSSED SALAD/MIXED FRUIT CHICKEN NOODLE SOUP GRILLED CHICKEN ON SALAD	9 WALKIN TACO CHICKEN PATTY ON A BUN Carrots PEAR SLICES GRILLED CHICKEN ON SALAD	10 STUFFED CRUST PIZZA \$2.45 TOASTED CHEESE SANDWICH W/PICKLES TOMATO SOUP PEACH SLICES GRILLED CHICKEN ON SA
13 LET'S GO PENS CHICKEN NUGGETS w/BBQ Sauce & a Roll HOT DOG ON A BUN BAKED BEANS/APPLESAUCE FREE HEARTZEL PRETZELS <u>SMUCKERS PB&J</u>	14 <u>BE MINE!</u> FREE COOKIE DAY PEPPERONI ROLL HAMBURGER ON A BUN Egg noodles MIXED VEGETABLES CHILLED PEARS FREE COOKIE BAGEL W/Cheese &	15 <u>FREE JELLO TODAY</u> Snowman NACHO'S GRANDE (Meat, Cheese, Salsa) "BREAKFAST FOR LUNCH" PANCAKES w/ Syrup & SAUSAGE TATER TOTS DICED PEACHES <u>SMUCKERS PB&J</u>	16 CHICKEN PATTY ON A BUN HOMEMADE MACARONI & CHEESE w/ROLL SWEET PEAS FRUIT CUP BAGEL W/Cheese & YOGURT	17 STUFFED CRUST PIZZA \$2.45 FRENCH TOAST STICKS W/SAUSAGE CHILLY CARROTS DICED PEARS <u>SMUCKERS PB&J</u>
20 TEACHER INSERVICE DAY SCHOOL CLOSED	21 GOOD STUFF! <u>BIG PIZZA DIPPERS W/ SAUCE \$2.45</u> Snowman NACHO'S GRANDE (Meat, Cheese, Salsa) RICE/ORANGE SMILE <i>Turkey & Cheese Sand</i>	22 <u>EAT HEALTHY!</u> SALAD BAR DAY! CHICKEN, CHEESE & ASSORTED TOPPINGS W BREAD STICK ITALIAN DUNKERS w/Marinara Sauce TOSSED SALAD/MIXED FRUIT CHICKEN NOODLE SOUP <i>Turkey & Cheese Sand</i>	23 LET'S GO PENS <u>HOMEMADE PEPPERONI ROLL</u> CHICKEN PATTY ON BUN CARROT COINS PEACHES <i>Turkey & Cheese Sand</i>	24 STUFFED CRUST PIZZA \$2.45 PANCAKES W/SAUSAGE GREEN BEANS APPLESAUCE <i>Turkey & Cheese Sand</i>
27 LET'S GO PENS PEPPERONI OR CHEESE PIZZA HOT DOG ON A BUN Egg Noodles CHILLY CARROTS Fresh APPLE GRILLED CHICKEN ON SALAD	28 <u>LUCKY TRAY DAY</u> CHICKEN NUGGETS w/BBQ Sauce & a Roll SPAGHETTI W/ MEAT SAUCE W/ROLLS GREEN BEANS//MIXED FRUIT GRILLED CHICKEN ON SALAD	29 NACHO'S GRANDE (Meat, Cheese, Salsa) CORN DOGS CORN ORANGE SMILES GRILLED CHICKEN ON SALAD	BREAKFAST IS SERVED DAILY FOR ALL STUDENTS!	



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

ALTERNATES
SMUCKERS PB&J
 W/ CHEESE STIX
 Garden CHEF Salad with Cheese and a roll
 BAGEL W/Cheese & YOGURT
 Grilled Chicken on Salad
 Turkey & Cheese Sandwich

