

LUNCH PRICES

STUDENT PAID \$2.20
 *CHOICE MEAL \$2.50
 STUDENT REDUCED \$0.40
 ADULT \$3.15/\$3.25



**BETHEL PARK HIGH SCHOOL
 LUNCH MENU
 MARCH 2010**



PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE: ENTRÉE, CHOICE OF TWO FRUITS AND/OR VEGETABLES, CHOICE OF BREAD, AND... CHOICE OF MILK, 1%, Lowfat Chocolate, or White, Strawberry, Vanilla and Skim

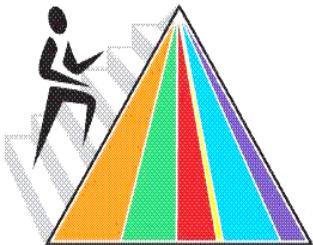
Fruit Choice May Include :
 Fresh Fruit, Canned Fruit,
 Fruited Gelatin,
 Fruit Cobbler, and Fruit Juice

Vegetable Choices May Include :
 Hot Vegetables, Tossed Salad,
 Potato Salad, Cole Slaw,
 Carrot Sticks, Celery Sticks,
 Oven Fries & Tater Tots

MENU SUBJECT TO CHANGE!

DIRECTOR OF DINING SERVICES
 412-854-8754
 Consolmagno.joe@bpsd.org

MyPyramid.gov
 Steps to a healthier you!



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1 CHICKEN CENTRAL SIGNATURE ENTRÉE Hearty Chicken Bowl* Pita Pizza Featured Fruit & Veggie Golden Corn Orange Wedges Bordertown*</p>	<p>2 CHICKEN CENTRAL SIGNATURE ENTRÉE BBQ Ribs on bun Twister Wrap* Featured Fruit & Veggie Green Beans / Mixed Fruit Meatball Hoagie Pasta Bar</p>	<p>3 CHICKEN CENTRAL SIGNATURE ENTRÉE General Tsao's Chicken w/ rice* PHILLY CHEESE/STEAK TWISTER WRAP* Featured Fruit & Veggie Broccoli / Peaches Burger Bar</p>	<p>4 CHICKEN CENTRAL SIGNATURE ENTRÉE PITTSBURGH STEAK/CHIX SALAD Twister Wrap* Featured Fruit & Veggie Mixed Vegetables /Applesauce Meatball Hoagie Pasta Bar</p>	<p>5 CHICKEN CENTRAL SIGNATURE ENTRÉE Cheesy Breadsticks FISH SANDWICH Featured Fruit & Veggie Carrots/Pears Bordertown*</p>
<p>8 CHICKEN CENTRAL SIGNATURE ENTRÉE Hearty Chicken Bowl* Pita Pizza Featured Fruit & Veggie Golden Corn Orange Wedges Bordertown*</p>	<p>9 CHICKEN CENTRAL SIGNATURE ENTRÉE LA CINNAMON BREAD & HAM Twister Wrap* Featured Fruit & Veggie MASHED POTATOES/Mixed Fruit Meatball Hoagie Pasta Bar</p>	<p>10 CHICKEN CENTRAL SIGNATURE ENTRÉE General Tsao's Chicken w/ rice* PHILLY CHEESE/STEAK TWISTER WRAP* Featured Fruit & Veggie Broccoli/Peaches Burger Bar</p>	<p>11 CHICKEN CENTRAL SIGNATURE ENTRÉE Ranch Chicken Hoagie Twister Wrap* Featured Fruit & Veggie Mixed Vegetables /Applesauce Meatball Hoagie Pasta Bar</p>	<p>12 CHICKEN CENTRAL SIGNATURE ENTRÉE TOASTED CHEESE Cheesy Breadsticks Featured Fruit & Veggie TOMATO SOUP Pears Bordertown*</p>
<p>15 CHICKEN CENTRAL SIGNATURE ENTRÉE Hearty Chicken Bowl* Pita Pizza Featured Fruit & Veggie Golden Corn Orange Wedges Bordertown*</p>	<p>16 CHICKEN CENTRAL SIGNATURE ENTRÉE PRETZEL BUN HAM & CHEESE Twister Wrap* Featured Fruit & Veggie Garden Peas/Mixed Fruit Meatball Hoagie Pasta Bar</p>	<p>17 CHICKEN CENTRAL SIGNATURE ENTRÉE General Tsao's Chicken w/ rice* PHILLY CHEESE/STEAK TWISTER WRAP* Featured Fruit & Veggie Broccoli/Peaches Burger Bar</p>	<p>18 CHICKEN CENTRAL SIGNATURE ENTRÉE CHEESEBURGER MELT Twister Wrap* Featured Fruit & Veggie Mixed Vegetables /Applesauce Meatball Hoagie Pasta Bar</p>	<p>19 CHICKEN CENTRAL SIGNATURE ENTRÉE FISH SANDWICH Cheesy Breadsticks Featured Fruit & Veggie Carrots Pears Bordertown*</p>
<p>22 CHICKEN CENTRAL SIGNATURE ENTRÉE Hearty Chicken Bowl* Pita Pizza Featured Fruit & Veggie Golden Corn Orange Wedges Bordertown*</p>	<p>23 CHICKEN CENTRAL SIGNATURE ENTRÉE BBQ Ribs on bun Twister Wrap* Featured Fruit & Veggie Green Beans / Mixed Fruit Meatball Hoagie Pasta Bar</p>	<p>24 CHICKEN CENTRAL SIGNATURE ENTRÉE General Tsao's Chicken w/ rice* PHILLY CHEESE/STEAK TWISTER WRAP* Featured Fruit & Veggie Broccoli/Peaches Burger Bar</p>	<p>25 CHICKEN CENTRAL SIGNATURE ENTRÉE PITTSBURGH STEAK/CHIX SALAD Twister Wrap* Featured Fruit & Veggie Mixed Vegetables /Applesauce Meatball Hoagie Pasta Bar</p>	<p>26 CHICKEN CENTRAL SIGNATURE ENTRÉE TOASTED CHEESE Cheesy Breadsticks Featured Fruit & Veggie TOMATO SOUP Pears Bordertown*</p>
<p>29 CHICKEN CENTRAL SIGNATURE ENTRÉE Hearty Chicken Bowl* Pita Pizza Featured Fruit & Veggie Golden Corn Orange Wedges Bordertown*</p>	<p>30 CHICKEN CENTRAL SIGNATURE ENTRÉE LA CINNAMON BREAD & HAM Twister Wrap* Featured Fruit & Veggie MASHED POTATOES/Mixed Fruit Meatball Hoagie Pasta Bar</p>	<p>31 CHICKEN CENTRAL SIGNATURE ENTRÉE General Tsao's Chicken w/ rice* PHILLY CHEESE/STEAK TWISTER WRAP* Featured Fruit & Veggie Broccoli/Peaches Burger Bar</p>	<p>ALA CARTE ITEMS BOTTLED WATER 1.00 MILK .60 ICE CREAM .65/1.15 CAPRI SUN .75 LARGE SNACK .80 SMALL SNACKS .60</p>	

BORDERTOWN
 SOFT or HARD TACOS,
 NACHO'S, TACO PIZZA, &
 BURRITOS
 CHOICE MEAL \$2.50
 Mondays & Fridays

PASTA BAR
 Pasta offered with a variety of
 sauces to choose from
 Tuesdays & Thursdays

DELI EXPRESS
 Made to order Hoagies,
 Sandwiches and Wraps
 CHOICE MEAL \$2.50

Everyday

WOK & ROLL
 GENERAL TSOS CHICKEN or
 STIR FRY
 CHOICE MEAL \$2.50

Wednesdays

CHICKEN CENTRAL
 Tenders, Patties, Popcorn,
 Fritter, Chix n Fire

BURGER BAR
 Burgers offered with an array of
 toppings to choose from
 Wednesdays

SIGNATURE ENTREES
 FEATURED ENTEES &
 CHICKEN PATTY SANDWICH



PIZZA EXPRESS
 PREMIUM PIZZA CHOICE
 MEAL \$2.50
 Everyday
 WATCH FOR OUR
 SPECIALTY PIZZA*

MAKE CHECKS PAYABLE TO
"BPSD Café Fund"
 TRY
PayForIt.net
 On line payment system
 & Check your child's
 account!