



Bethel Park Breakfast Menu November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
10/31/22	11/1/22	11/2/22	11/3/22	11/4/22
Mini Maple Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Biscuit Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
Breakfast is FREE to all registered students compliments of the State of Pennsylvania!!!				
11/7/22	11/8/22	11/9/22	11/10/22	11/11/22
Mini Cinni Rolls or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Staff Development Day No Classes 	Yogurt & Fruit Parfait or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/14/22	11/15/22	11/16/22	11/17/22	11/18/22
Mini Blueberry Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Croissant or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cherry Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt Parfait with Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Fall Break  Thanksgiving Day	Fall Break 
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
Fall Break Looking for a job? Only want to work when the kids are in school? Come be a Food Service Worker with Metz! Contact John Rambo for details! 412-854-8754	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	 Benefits of Healthy Breakfast <small>(The most important meal of day)</small> • Helps you control weight • Feel more energized throughout the day • Improves concentration and focus • Reduce the risk of illness and diseases	

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup)
AND Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes

Served with Toast

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

OTHER BREAKFAST OPTIONS MAY INCLUDE:
WG DONUTS
PANCAKE ON A STICK
MINI LOAF
WG BAGEL
BREAKFAST SANDWICH
DUTCH WAFFLE




MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

www.payforit.net for online payments
Paying by Check? Make checks payable to "BPSD Cafeteria Fund"
John Rambo General Manager
rambo.john@bphawks.org
412-854-8754

USDA is an equal opportunity provider and employer.

Student Paid Breakfast \$1.95 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.40

Looking for nutritional info on the BP menu? Go to: schoolcafe.com Select State: PA Select School District: Bethel Select School: Then check the item, it's that easy!