



Bethel Park Breakfast Menu Sept/Oct 2022

Monday	Tuesday	Wednesday	Thursday	Friday
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Mini Maple Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Biscuit Sandwich or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
Beginning October 1st Breakfast is FREE to all registered students compliments of the State of Pennsylvania!!!				
10/3/22	10/4/22	10/5/22	10/6/22	10/7/22
Mini Cinni Rolls or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Yogurt & Fruit Parfait or Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/10/22	10/11/22	10/12/22	10/13/22	10/14/22
Mini Blueberry Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Croissant or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	Cherry Strudel or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/17/22	10/18/22	10/19/22	10/20/22	10/21/22
Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Yogurt Parfait with Toast or Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/24/22	10/25/22	10/26/22	10/27/22	10/28/22
Sliced Banana Bread or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Burrito or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	RECORDS DAY
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	NO CLASSES
				<p>Benefits of Healthy Breakfast (The most important meal of day) • Helps you control weight • Feels more energized throughout the day • Improves concentration and focus • Reduces the risk of illness and diseases</p>

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

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