

April/May 2023



BETHEL PARK  
ELEMENTARY LUNCH MENU

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meal or meal alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

All meals include 8oz unflavored % white milk

**Weekly Vegetable Subgroups May Include:**

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!**

**DAILY ALTERNATES.**

**Fresh Grilled Chicken Salad Entree**



**Craveable of the Week, which could include:**

**Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..**

**Weekly Cold Cut Sandwiches or Wraps**

**Nutritious Friends**

**Look for our Nutritious Friend of the Month on the menu!!**

**This Month.....**

Lunch Prices  
Student \$2.75/\$3.55\* Tier  
Reduced \$.40  
Adult \$4.60

Make checks payable: BPSD Café Fund  
www.payforit.net for online payments

Try www.Schoolcafe.com for menus and nutritional information

**General Manager**  
Brandon Agostinelli  
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USDA is an equal opportunity provider and employer.

**Monday**

**4/24/2023**

**Asian Day**

- (1) General Tso's Chicken Over Rice or
  - (2) Cheese Burger on a Bun
  - (3) Grilled Chicken Salad
  - (4) Yogurt Craveable Broccoli
- Mandarin Spring Salad  
Choice of Fruit & Milk

**Taco Tuesday**

**4/25/2023**

- (1) Mini Corn Dog or
- (2) Taco Beef Over Nacho Chips

- (3) Grilled Chicken Salad
  - (4) Yogurt Craveable Black Bean Salsa Golden Corn
- Choice of Fruit & Milk

**Wednesday**

**4/26/2023**

**"Breakfast for Lunch"**

- (1) French Toast Sticks w/Sausage or
  - (2) Ham and Cheese Wrap
  - (3) Grilled Chicken Salad
  - (4) Yogurt Craveable Tri Patty Taters Carrot Sticks
- Choice of Fruit & Milk

**Thursday**

**4/27/2023**

- (1) Chicken Patty On a Bun or
  - (2) Macaroni & Cheese Garlic Breadstick
  - (3) Grilled Chicken Salad
  - (4) Yogurt Craveable Cherry Tomatoes Apple Cider Slaw
- Choice of Fruit & Milk

**Pizza Friday!**

**4/28/2023**

- (1) Italian Dunker W/Dipping Sauce or
  - (2) Pepperoni Pizza
  - (3) Grilled Chicken Salad
  - (4) Yogurt Craveable Steamed Green Beans Baby Carrots
- Choice of Fruit & Milk

**5/1/2023**

- (1) Italian Meatballs & Cheese On a Roll or
  - (2) Chicken Nuggets with a Dinner Roll
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable Oven Fries Red Pepper Strips
- Choice of Fruit & Milk

**5/2/2023**

- (1) Taco Pizza or
  - (2) Nachos Grande Tortilla Chips
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable Steamed Green Beans Side Salad
- Choice of Fruit & Milk

**5/3/2023**

- (1) Pasta with Meatsauce Garlic Breadstick or
  - (2) Hot Dog on Bun
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable Glazed Carrots Sliced Cucumbers
- Choice of Fruit & Milk

**5/4/2023**

- (1) Toasted Grilled Cheese or
  - (2) Cheese Pizza W/Slushy Cups
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable Golden Corn BBQ Baked Beans
- Choice of Fruit & Milk

**5/5/2023**

- (1) Popcorn Chicken w/Goldfish Crackers or
  - (2) Pepperoni Rolls\* with Dipping Sauce
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable Cherry Tomatoes Steamed Broccoli
- Choice of Fruit & Milk

**5/8/2023**

- Chese Quesadilla W/Salsa or
  - Breaded Chicken Sandwich W/Bun
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable Fries
- Ranchero Carrots  
Choice of Fruit & Milk

**5/9/2023**

- (1) Mini Pepperoni Calzones or
  - (2) Walkina Taco
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable Green Pepper Strips Sweet Corn
- Choice of Fruit & Milk

**5/10/2023**

- (1) Max Sticks with Dipping Sauce or
  - (2) Turkey & Cheese Wrap
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable Side Salad Green Beans
- Choice of Fruit & Milk

**5/11/2023**

- (1) Macaroni & Cheese W/Pretzel Roll or
  - (2) BBQ Chicken and Cheese On Flat Bread
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable Steamed Broccoli Sliced Cucumbers
- Choice of Fruit & Milk

**5/12/2023**

- (1) BBQ Ribby On a Bun or
  - (2) Cheese Pizza
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable BBQ Baked Beans Slushy Cup
- Choice of Fruit & Milk

**5/15/2023**

- (1) French Toast Sticks w/Sausage Patty or
  - (2) Chicken Nuggets with a Dinner Roll
  - (3) Grilled Chicken Salad
  - (4) Breadstick Craveable Potato Triangle Baby Carrots
- Choice of Fruit & Milk

**5/16/2023**

No School

**5/17/2023**

- (1) Fish Sticks W/Roll or
  - (2) Penne Pasta w/Meatballs Garlic Bread Stick
  - (3) Grilled Chicken Salad
  - (4) Breadstick Craveable Steamed Broccoli Apple Cider Slaw
- Choice of Fruit & Milk

**5/18/2023**

- (1) Potato & Cheese Pierogis or
  - (2) Chicken Tenders w/ Soft Pretzel
  - (3) Grilled Chicken Salad
  - (4) Breadstick Craveable Roasted Zucchini Cherry Tomatoes
- Choice of Fruit & Milk

**5/19/2023**

- (1) BBQ Pork over Tortilla Chips or
  - (2) Pepperoni Roll\* with Dipping Sauce
  - (3) Grilled Chicken Salad
  - (4) Breadstick Craveable Seasoned Green Beans Chic Peas
- Choice of Fruit & Milk

**5/22/2023**

**Asian Day**

- (1) General Tso's Chicken Over Rice or
  - (2) Cheese Burger on a Bun
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable Steamed Broccoli Mandarin Oranges
- Choice of Fruit & Milk

**5/23/2023**

- (1) Mini Pepperoni Calzones or
  - (2) Nachos Grande Tortilla Chips
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable Black Beans Red Pepper Strips
- Choice of Fruit & Milk

**5/24/2023**

- (1) Popcorn Chicken W/Gold Fish Crackers or
  - (2) Turkey Bacon Ranch Wrap
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable Sweet Corn Broccoli Salad
- Choice of Fruit & Milk

**5/25/2023**

**"County Fair Day"**

- (1) Corn Dog or
  - (2) Texas Toast Grilled Cheese
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable Curly Fries Apple Cider Slaw
- Choice of Fruit & Milk

**5/26/2023**

- (1) Hot Dog On a Bun or
  - (2) Pepperoni Pizza W/Slushy Cups
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable Steamed Green Beans Side Salad
- Choice of Fruit & Milk

**5/29/2023**

No School



**5/30/2023**

- (1) Italian Meatballs & Cheese On a Roll or
  - (2) Chicken Nuggets with a Dinner Roll
  - (3) Grilled Chicken Salad
- Fries  
Red Pepper Strips  
Choice of Fruit & Milk

**5/31/2023**

- (1) Cheese Steak On a Roll or
  - (2) General Tso Chicken\* Over Rice
  - (3) Grilled Chicken Salad
- Steamed Broccoli  
Mandarin Oranges  
Choice of Fruit & Milk