

AUGUST SEPTEMBER 2022



BETHEL PARK CACFP LUNCH MENU

Monday

8/22/2022



**WELCOME
BACK TO SCHOOL**

Taco Tuesday

8/23/2022

Wednesday

8/24/2022

Thursday

8/25/2022

Pizza Friday!

8/26/2022

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
Meat or meat 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 \$4.35/\$4.55*Tier
Make checks payable: BPSD Café Fund
www.payforit.net for online payments

Try www.Schoolcafe.com for menus and nutritional information

General Manager
John Rambo
Phone Number
412-854-8754

Email
rambo.john@bphawks.org

USDA is an equal opportunity provider and employer.

8/29/2022

(1)French Toast Sticks w/Sausage Patty or
(2)Chicken Nuggets with a Dinner Roll
(3)Grilled Chicken Salad
(4)Yogurt Craveable
Steamed Corn
Red Pepper Strips
Choice of Fruit & Milk

8/30/2022

(1)Chicken Patty On a Bun or
(2)Walking Taco Pretzel Stick
(3)Grilled Chicken Salad
(4)Yogurt Craveable
Green Pepper Strips
Oven Fries
Choice of Fruit & Milk

8/31/2022

(1)Cheesy Bread Sticks On a Roll or
(2)Turkey & Cheese Wrap
(3)Grilled Chicken Salad
(4)Yogurt Craveable
Mashed Potatoes
Green Beans
Choice of Fruit & Milk

9/1/2022

(1)Toasted Cheese Sandwich or
(2)BBQ Chicken and Cheese On Flat Bread
(3)Grilled Chicken Salad
(4)Yogurt Craveable
Tomato Soup
Corn Salad
Choice of Fruit & Milk

9/2/2022

(1)BBQ Ribby On a Bun or
(2)Pepperoni Pizza
(3)Grilled Chicken Salad
(4)Yogurt Craveable
Sweet Potato Fries
Chick Pea Salad
Choice of Fruit & Milk

9/6/2022

(1)Cheese Steak On a Roll or
(2)Walking Taco w/ Dinner Roll
(3)Grilled Chicken Salad
(4)Breadstick Craveable
Black Bean Salsa
Cherry Tomatoes
Choice of Fruit & Milk

9/7/2022

Asian Day
(1)Asian Sesame Chicken Over Rice or
(2)Cheese Burger on a Bun
(3)Grilled Chicken Salad
(4)Breadstick Craveable
Steamed Broccoli
Carrot Sticks
Choice of Fruit & Milk

9/8/2022

(1)Hot Ham and Cheese On a Pretzel Roll or
(2)Beef & Cheese Mac w/ Garlic Bread Stick
(3)Grilled Chicken Salad
(4)Breadstick Craveable
Roasted Zucchini
Mandarin Spring Salad
Choice of Fruit & Milk

9/9/2022

(1)BBQ Pork over Tortilla Chips or
(2)Cheese Pizza Sticks with dipping sauce
(3)Grilled Chicken Salad
(4)Breadstick Craveable
Oven Fries
Baby Carrots
Choice of Fruit & Milk

9/12/2022

(1)Toasted Cheese Sandwich or
(2)Chicken Nuggets w/ Roll
(3)Grilled Chicken Salad
(4)Nacho Craveable
Tomato Soup
Tater Tots
Choice of Fruit & Milk

9/13/2022

(1)Beef Soft Tacos or
(2)Nachos Grande Tortilla Chips
(3)Grilled Chicken Salad
(4)Nacho Craveable
Black Beans
Lettuce & Tomato
Choice of Fruit & Milk

9/14/2022

(1)Cowboy Burger On a Bun* or
(2)Turkey Bacon Ranch Wrap
(3)Grilled Chicken Salad
(4)Nacho Craveable
Glazed Carrots
Broccoli Salad
Choice of Fruit & Milk

9/15/2022

"County Fair Day"
(1)Corn Dog or
(2)Chicken Tenders w/ Soft Pretzel
(3)Grilled Chicken Salad
(4)Nacho Craveable
Curly Fries
Apple Cider Slaw
Choice of Fruit & Milk

9/16/2022

(1)Cheddar Cheese Quesadilla or
(2)Pepperoni Pizza
(3)Grilled Chicken Salad
(4)Nacho Craveable
Oven Fries
Corn Salad
Choice of Fruit & Milk

9/19/2022

(1)Meatball Hoagie or
(2)Chicken Patty On a Bun
(3)Grilled Chicken Salad
(4)Ham & Cheese Craveable
Oven Fries
Chick Pea Salad
Choice of Fruit & Milk

9/20/2022

(1)Hot dog on a Bun or
(2)Walking Taco Pretzel Sticks
(3)Grilled Chicken Salad
(4)Ham & Cheese Craveable
Mexicali Corn
Tomato & Onion Salad
Choice of Fruit & Milk

9/21/2022

(1)Cheese Steak On a Roll or
(2)BBQ Ribby On a Bun
(3)Grilled Chicken Salad
(4)Ham & Cheese Craveable
Tater Tots
Ranchero Carrots
Choice of Fruit & Milk

9/22/2022

Pasta Bar
(1)Meatballs Marinara or
(2)Chicken Alfredo over Penne w/ Garlic Bread
(3)Grilled Chicken Salad
(4)Ham & Cheese Craveable
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit & Milk

9/23/2022

(1)Potato & Cheese Pierogis or
(2)Fiesta Pizza
(3)Grilled Chicken Salad
(4)Ham & Cheese Craveable
Cherry Tomatoes
Cucumber Slices
Choice of Fruit & Milk

9/26/2022

(1)Cheese Burger On a Bun or
(2)General Tso Chicken Over Rice
(3)Grilled Chicken Salad
(4)Grilled Chicken Craveable
Steamed Broccoli
Cucumber Slices
Choice of Fruit & Milk

9/27/2022

(1)Mini Corn Dog or
(2)Taco Beef Over Nacho Chips
(3)Grilled Chicken Salad
(4)Grilled Chicken Craveable
Black Bean Salsa
Golden Corn
Choice of Fruit & Milk

9/28/2022

"Breakfast for Lunch"
(1)Breakfast Wrap or
(2)French Toast Sticks w/ Sausage Links
(3)Grilled Chicken Salad
(4)Grilled Chicken Craveable
Tri Patty Taters
Carrot Sticks
Choice of Fruit & Milk

9/29/2022

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

9/30/2022

(1)BBQ Ribby On a Bun or
(2)Italian Dunks with Sauce
(3)Grilled Chicken Salad
(4)Grilled Chicken Craveable
Steamed Green Beans
Baby Carrots
Choice of Fruit & Milk