

JANUARY 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 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

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USDA is an equal opportunity provider and employer.

Monday

1/2/2022

- (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

1/9/2022

- (1)Cheddar Cheese Quesadilla or
- (2)Pepperoni Pizza

(3)Grilled Chicken Salad

(4)Breadstick Craveable
Oven Fries
Corn Salad
Choice of Fruit & Milk

1/16/2022



NO CLASSES

1/23/2022

- (1)Meatball Hoagie or
- (2)Chicken Patty On a Bun

(3)Grilled Chicken Salad

(4)Ham & Cheese Craveable
Green Beans
Chick Pea Salad
Choice of Fruit & Milk

1/30/2022

- (1)Cheese Burger On a Bun or
- (2)BBQ Ribby On a Bun

(3)Grilled Chicken Salad

(4)Grilled Chicken Craveable
Steamed Broccoli
Cucumber Slices
Choice of Fruit & Milk

2/6/2022

- (1)Italian Meatballs & Cheese On a Roll or
- (2)Chicken Nuggets with a Dinner Roll

(3)Grilled Chicken Salad

(4)Yogurt Craveable
Oven Fries
Red Pepper Strips
Choice of Fruit & Milk

Taco Tuesday

1/3/2022

- (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

1/10/2022

- (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

1/17/2022

STAFF DEVELOPMENT

DAY

NO CLASSES

1/24/2022

- (1)Fiestada Pizza or
- (2)Walking Taco Pretzel Sticks

(3)Grilled Chicken Salad

(4)Ham & Cheese Craveable
Mexicali Corn
Tomato & Onion Salad
Choice of Fruit & Milk

1/31/2022

- (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

2/7/2022

- (1)Taco Pizza or
- (2)Nachos Grande Tortilla Chips

(3)Grilled Chicken Salad

(4)Yogurt Craveable
Green Pepper Strips
Side Salad
Choice of Fruit & Milk

Wednesday

1/4/2022

- (1)Mini Pepperoni Calzones with Dipping Sauce or
- (2)Turkey & Cheese Wrap
- (3)Grilled Chicken Salad
- (4)Yogurt Craveable Mashed Potatoes Green Beans Choice of Fruit & Milk

1/11/2022

- (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

1/18/2022

- (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

1/25/2022

- (1)Cheese Steak On a Roll or
- (2)General Tso Chicken* Over Rice

(3)Grilled Chicken Salad

(4)Ham & Cheese Craveable
Oven Fries
Ranchero Carrots
Choice of Fruit & Milk

2/1/2022

- (1)Breakfast for Lunch* or
- (2)Mini Eggo Waffles w/ Sausage Links

(3)Grilled Chicken Salad

(4)Grilled Chicken Craveable
Tri Patty Taters
Carrot Sticks
Choice of Fruit & Milk

2/8/2022

- (1)Spaghetti with Meatsauce Garlic Breadstick or
- (2) Ham & Cheese Wrap

(3)Grilled Chicken Salad

(4)Yogurt Craveable
Baby Carrots
Green Beans
Choice of Fruit & Milk

Thursday

1/5/2022

- (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

1/12/2022

- (1)Hot Ham and Cheese On a Pretzel Roll or
- (2)Penne Pasta w/Meatballs Garlic Bread Stick

(3)Grilled Chicken Salad

(4)Breadstick Craveable
Roasted Zucchini
Mandarin Spring Salad
Choice of Fruit & Milk

1/19/2022

- (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

1/26/2022

- (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

2/2/2022

- (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

2/9/2022

- (1)Chicken Patty On a Bun or
- (2)Cheese Pizza

(3)Grilled Chicken Salad

(4)Yogurt Craveable
Steamed Corn
Romaine Salad
Choice of Fruit & Milk

Pizza Friday!

1/6/2022

- (1)BBQ Ribby On a Bun or
- (2)Italian Dunker with Dipping Sauce
- (3)Grilled Chicken Salad
- (4)Yogurt Craveable Sweet Potato Fries Chick Pea Salad Choice of Fruit & Milk

1/13/2022

- (1)BBQ Pork over Tortilla Chips or
- (2)Peperoni Roll* with Dipping Sauce

(3)Grilled Chicken Salad

(4)Breadstick Craveable
Oven Fries
Baby Carrots
Choice of Fruit & Milk

1/20/2022

- (1)Hot Dog On a Roll or
- (2)Big Daddy's Pizza*

(3)Grilled Chicken Salad

(4)Nacho Craveable
Baked Beans
Side Salad
Choice of Fruit & Milk

1/27/2022

- (1)Potato & Cheese Pierogis or
- (2)Peperoni Roll* with Dipping Sauce

(3)Grilled Chicken Salad

(4)Ham & Cheese Craveable
Cherry Tomatoes
Cucumber Slices
Choice of Fruit & Milk

2/3/2022

- (1)BBQ Ribby On a Bun or
- (2)Mini Pepperoni Calzones with Dipping Sauce

(3)Grilled Chicken Salad

(4)Grilled Chicken Craveable
Steamed Green Beans
Baby Carrots
Choice of Fruit & Milk

2/10/2022

- (1)Popcorn Chicken w/Goldfish Crackers or
- (2)Peperoni Rolls* with Dipping Sauce

(3)Grilled Chicken Salad

(4)Yogurt Craveable
Cherry Tomatoes
Roasted Zucchini
Choice of Fruit & Milk