

March/April 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**  
Brandon Agostinelli

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USDA is an equal opportunity provider and employer.

**Monday**

**3/13/2023**

**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 Spring Salad  
Choice of Fruit & Milk

**3/20/2023**

- (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

**3/27/2023**

No School  
In-Service Day



**4/3/2023**

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

**4/10/2023**

No School  
Spring Break



**4/17/2023**

- (1) Meatball Hoagie or
  - (2) Chicken Patty On a Bun
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable
- Mexicali Corn  
Chick Pea Salad  
Choice of Fruit & Milk

**Taco Tuesday**

**3/14/2023**

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

**3/21/2023**

- (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

**3/28/2023**

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

**4/4/2023**

- (1) Asian Sesame Chicken\* Over Rice or
  - (2) Cheese Burger on a Bun
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable
- Steamed Broccoli  
Mandarin Spring Salad  
Choice of Fruit & Milk

**4/11/2023**

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

**4/18/2023**

- (1) Fiesta Pizza or
  - (2) Walking Taco Pretzel Sticks
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable
- Mexicali Corn  
Tomato & Onion Salad  
Choice of Fruit & Milk

**Wednesday**

**3/15/2023**

- "Breakfast for Lunch"
  - (1) Breakfast Wrap or
  - (2) Mini Eggo Waffles w/ Sausage
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable
- Tri Patty Taters  
Carrot Sticks  
Choice of Fruit & Milk

**3/22/2023**

- (1) Spaghetti with Meatsauce Garlic Breadstick or
  - (2) Ham & Cheese Wrap
  - (3) Grilled Chicken Salad
  - (4) Yogurt Craveable
- Baby Carrots  
Steamed Green Beans  
Choice of Fruit & Milk

**3/29/2023**

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

**4/5/2023**

- (1) Hot Ham and Cheese On a Pretzel Roll or
  - (2) Penne Pasta w/Meatballs Garlic Bread Stick
  - (3) Grilled Chicken Salad
  - (4) Ham & Cheese Craveable
- Roasted Zucchini  
Carrot Sticks  
Choice of Fruit & Milk

**4/12/2023**

- (1) Nachos Grande or
  - (2) Turkey Bacon Ranch Wrap
  - (3) Grilled Chicken Salad
  - (4) Nacho Craveable
- Black Beans  
Broccoli Salad  
Choice of Fruit & Milk

**4/19/2023**

- (1) Cheese Steak On a Roll or
  - (2) General Tso Chicken\* Over Rice
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable
- Oven Fries  
Ranchero Carrots  
Choice of Fruit & Milk

**Thursday**

**3/16/2023**

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

**3/23/2023**

- (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

**3/30/2023**

- (1) Holiday Lunch Roasted Ham w/Roll or
  - (2) BBQ Chicken and Cheese On Flat Bread
  - (3) Grilled Chicken Salad
  - (4) Breadstick Craveable
- Steamed Golden Corn  
Au Gratin Potatoes  
Choice of Fruit & Milk

**4/6/2023**

No School  
Spring Break



**4/13/2023**

- "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

**4/20/2023**

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

**Pizza Friday!**

**3/17/2023**

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

**3/24/2023**

- (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

**3/31/2023**

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

**4/7/2023**

No School  
Spring Break



**4/14/2023**

- (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

**4/21/2023**

- (1) Potato & Cheese Pierogis or
  - (2) Peperoni Roll\* with Dipping Sauce
  - (3) Grilled Chicken Salad
  - (4) Pizza Craveable
- Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit & Milk