

June- 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.....

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
5/22/2023 Breaded Chicken Sandwich 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 Taco Pizza 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 Italian Dunker W/Dipping Sauce or (2) General Tso Chicken* Over Rice (3) Grilled Chicken Salad Steamed Broccoli Mandarin Oranges Choice of Fruit & Milk	6/1/2023 Cooks Choice or Breaded Chicken Sandwich Vegetable Fruit Milk	6/2/2023 Cooks Choice or Breaded Chicken Sandwich Vegetable Fruit Milk
6/5/2023 Cooks Choice or Breaded Chicken Sandwich Vegetable Fruit Milk	6/6/2023 Cooks Choice or Breaded Chicken Sandwich Vegetable Fruit Milk	6/7/2023	6/8/2023	6/9/2023
6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023
6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023

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

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