

NOVEMBER 2022



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
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 \$4.40

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

10/31/2022

- (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

11/7/2022

- (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

11/14/2022

- (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

11/21/2022

- (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

11/28/2022

- FALL BREAK**
- Looking for a job?**
- Only want to work when the kids are in school? Come be a Food Service Worker with Metz!
- Contact John Rambo for details! 412-854-8754

12/5/2022

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

Taco Tuesday

11/1/2022

- (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

11/8/2022

- STAFF DEVELOPMENT DAY**
- NO CLASSES**
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11/15/2022

- (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

11/22/2022

- (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

11/29/2022

- (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

12/6/2022

- (1)Mini Pepperoni Calzones with Dipping Sauce or (2)Nachos Grande Tortilla Chips
- (3)Grilled Chicken Salad
- (4)Nacho Craveable
- Black Beans
- Lettuce & Tomato
- Choice of Fruit & Milk

Wednesday

11/2/2022

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

11/9/2022

- "Breakfast for Lunch"**
- (1)Breakfast Wrap 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

11/16/2022

- (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

11/23/2022

- (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

11/30/2022

- 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

12/7/2022

- (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

Thursday

11/3/2022

- 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

11/10/2022

- (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

11/17/2022

- (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

11/24/2022

- FALL BREAK**
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- Happy Thanksgiving

12/1/2022

- (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

12/8/2022

- "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

Pizza Friday!

11/4/2022

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

11/11/2022

- (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

11/18/2022

- (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

11/25/2022

- FALL BREAK**
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12/2/2022

- (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

12/9/2022

- (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