

# SEPTEMBER OCTOBER 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** - 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

rambo.john@bphawks.org

USDA is an equal opportunity provider and employer.

## Monday

10/3/2022

- (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

10/10/2022

- (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

10/17/2022

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

10/24/2022

- (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

10/31/2022

- (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

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

## Taco Tuesday

10/4/2022

- (1) Beefaroni Garlic Bread Stick or
- (2) Nachos Grande Tortilla Chips
- (3) Grilled Chicken Salad
- (4) Yogurt Craveable Green Beans Caesar Salad Choice of Fruit & Milk

10/11/2022

- (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

10/18/2022

- (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

10/25/2022

- (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

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**

## Wednesday

10/5/2022

- (1) Hot Dog On a Roll or
- (2) Ham & Cheese Wrap
- (3) Grilled Chicken Salad
- (4) Yogurt Craveable Mashed Potatoes Green Pepper Strips Choice of Fruit & Milk

10/12/2022

- (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

10/19/2022

- 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

10/26/2022

- (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

11/2/2022

- (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

11/9/2022

- "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

## Thursday

10/6/2022

- (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

10/13/2022

- (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

10/20/2022

- (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

10/27/2022

- "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

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

## Pizza Friday!

10/7/2022

- (1) Popcorn Chicken w/Goldfish Crackers or
- (2) Hamburger on a bun
- (3) Grilled Chicken Salad
- (4) Yogurt Craveable Cherry Tomatoes Roasted Zucchini Choice of Fruit & Milk

10/14/2022

- (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

10/21/2022

- (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

10/28/2022

- RECORDS DAY**
- NO CLASSES**

11/4/2022

- (1) Potato & Cheese Pierogies 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) Italian Dunkers with Sauce
- (3) Grilled Chicken Salad
- (4) Grilled Chicken Craveable Steamed Green Beans Baby Carrots Choice of Fruit & Milk