

**JANUARY
2023**



**bp High School
Lunch Menu**



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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
- Choice of Milk

Daily Vegetable Choices May Include:

- Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

- Daily entrée options may include:
 - Cheese Burger on a Bun
 - Chicken Patty on a Bun
 - Chicken Nuggets with Pretzel Stick
 - Cheese or Pepperoni Pizza



- Choices May Include: Vegetable Garden Salad w/ roll
- Ham or Turkey Salad w/ Roll
- Chef's Salad w/ roll
- Greek Salad w/ Roll
- Strawberry Spinach Salad w/ Roll
- Caprese Pasta Salad with Roll
- Ham & Cheese Wrap or Turkey and Swiss on Baguette
- Buffalo chicken Wrap
- Taco Chicken Roll
- Chicken Caesar Roll



Menu Subject to Change based on product availability.

Try Schoolcafe.com for menus and nutritional information

LUNCH PRICES:

- Student \$3.05/\$3.85*
- Reduced \$.40
- Adult \$4.35/\$4.55*

John Rambo - General Manager
412-854-8754

rambo.john@bphawks.org

www.payforit.net for online payments
Paper Check? Make payable to "BPSD Cafeteria Fund"
USDA is an equal opportunity provider and employer.

MONDAY 2-Jan	TUESDAY 3-Jan	WEDNESDAY 4-Jan	THURSDAY 5-Jan	FRIDAY 6-Jan
Signature Entree				
Entrée Cheeseburger Tater Tot Bowl w/ Shredded Cheddar, Pickles, Onion, Diced Tomato, and 1000 Island Dressing. w/ Dinner Roll FEATURED VEGGIES Green Beans Baby Carrots Choice of Fruit Choice of Milk	Entrée Italian Chicken Sandwich with Provolone Cheese on a Brioche Bun FEATURED VEGGIES French Fries Lettuce & Tomato Choice of Fruit Choice of Milk	Entrée General Tso's Chicken over rice* FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	Entrée Hot Ham & Cheese on a Pretzel Bun FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Cauliflower Choice of Milk	Entrée Loaded Pierogies with various toppings FEATURED VEGGIES Steamed Broccoli Chickpea Salad Choice of Fruit Choice of Milk
9-Jan 10-Jan 11-Jan 12-Jan 13-Jan				
Choice of fresh baked pizza!!! Choices may include Hand Tossed*, Deep Dish*, French Bread, Flat Bread, and Pepperoni Rolls*.				
Entrée Popcorn Chicken Mashed Potato Bowl FEATURED VEGGIES Tater Tots Baby Carrots Choice of Fruit Choice of Milk	Entrée Philly Cheesesteak on on Toasted Baguette FEATURED VEGGIES Steamed Garden Peas Curried Chickpea Salad Choice of Fruit Choice of Milk	Entrée General Tso's Chicken* served over Fried Rice FEATURED VEGGIES Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	Entrée Grilled Panini Flatbread Fare A variety of Panini Sandwiches Grilled on Flatbread FEATURED VEGGIES Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk	Entrée Buffalo Chicken Pizza* or Hot Italian Hoagie FEATURED VEGGIES Roasted Lemon & Pram Broccoli Baby Carrots Choice of Fruit Choice of Milk
16-Jan 17-Jan 18-Jan 19-Jan 20-Jan				
Market Street Deli: Made to order Sandwiches, Wraps, and Salads with an assortment of fresh deli meats, cheeses and a wide variety of fresh toppings. Served Daily!				
23-Jan 24-Jan 25-Jan 26-Jan 27-Jan				
Choices may include: Nachos Grande, Walking Taco, Chicken Mashed Potato Bowl, Pasta Bar, Burger Bar, Wok - N- Roll, and more!!!				
Entrée Chicken Pot Pie* over Fresh Biscuits FEATURED VEGGIES Carrot & Celery Sticks Broccoli Salad Choice of Fruit Choice of Milk	Entrée Beef or Pulled Pork Soft Tacos FEATURED VEGGIES Steamed Golden Corn Fresh Coleslaw Choice of Fruit Choice of Milk	Entrée General Tso's Chicken over rice* FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	Entrée County Fair Corn Dog FEATURED VEGGIES Steamed Garden Peas Garden Salad Choice of Fruit Choice of Milk	Entrée Fish Sandwich on Toasted Ciabatta Extra Line FEATURED VEGGIES Roasted BBQ Cauliflower Bites Fresh Coleslaw Choice of Fruit Choice of Milk
30-Jan 31-Jan 1-Feb 2-Feb 3-Feb				
Chicken Central				
Entrée Pasta Bar Choice of Pasta and choice of Marinara or Meatsauce with a garlic breadstick FEATURED VEGGIES Italian Mixed Vegetable Carrot Sticks Choice of Fruit Choice of Milk	Entrée Mini Pepperoni Calzones with Dipping Sauce FEATURED VEGGIES Side Caesar Salad Green Beans Choice of Fruit Choice of Milk	Entrée General Tso's Chicken over rice* FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	Entrée Hawk Burger* Bacon Cheeseburger on a Keiser Roll FEATURED VEGGIES BBQ Baked Beans Cole slaw Choice of Fruit Choice of Milk	Entrée Pierogies FEATURED VEGGIES Steamed Green Beans Side Caesar Salad Choice of Fruit Choice of Milk
6-Feb 7-Feb 8-Feb 9-Feb 10-Feb				
Check out our Salad Bar!!!! All the items to make your own one of a kind salad!!!				
Entrée Popcorn Chicken and Mashed Potato Bowl FEATURED VEGGIES Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk	Entrée County Fair Corn Dog FEATURED VEGGIES Curly Fries Steamed Mixed Veggies Choice of Fruit Choice of Milk	Entrée General Tso's Chicken* served over White rice FEATURED VEGGIES Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	Entrée Homemade Macaroni & Cheese FEATURED VEGGIES Oven Fries Celery Sticks Choice of Fruit Choice of Milk	Entrée Toasted Cheese Sandwich on Texas Toast FEATURED VEGGIES Tomato Soup Broccoli Salad Choice of Fruit Choice of Milk