

# NOVEMBER 2022



## 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](mailto:rambo.john@bphawks.org)

[www.payforit.net](http://www.payforit.net) for online payments  
Paper Check? Make payable to "BPSD Cafeteria Fund"

USDA is an equal opportunity provider and employer.

MONDAY 31-Oct	TUESDAY 1-Nov	WEDNESDAY 2-Nov	THURSDAY 3-Nov	FRIDAY 4-Nov
<b>Signature Entree</b>				
Entrée Chicken Pot Pie* over Fresh Biscuits	Entrée Beef or Pulled Pork Soft Tacos	Entrée General Tso's Chicken over rice*	Entrée County Fair Corn Dog	Entrée Fish Sandwich on Toasted Ciabatta
<b>FEATURED VEGGIES</b> Carrot & Celery Sticks Broccoli Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Golden Corn Fresh Colelaw Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Garden Peas Side Garden Salad Choice of Fruit Choice of Milk	Extra Line <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Bites Fresh Colelaw Choice of Fruit Choice of Milk
<b>7-Nov</b>				
<b>Choice of fresh baked pizza!!! Choices may include Hand Tossed*, Deep Dish*, French Bread, Flat Bread, and Pepperoni Rolls*.</b>				
<b>PIZZA EXPRESS</b>				
Entrée Popcorn Chicken and Mashed Potato Bowl	Entrée <b>STAFF DEVELOPMENT DAY</b>  <b>NO CLASSES</b> 	Entrée General Tso's Chicken over rice*	Entrée Hawk Burger* Bacon Cheeseburger on a Keiser Roll	Entrée <b>Loaded Tots!</b> Choice of Buffalo Chicken or Seasoned Steak over Tater Tots. Choice of Sauces, Toppings, Roll <b>FEATURED VEGGIES</b> Steamed Green Beans Side Caesar Salad Choice of Fruit Choice of Milk
<b>FEATURED VEGGIES</b> Mashed Potatoes Golden Corn Choice of Fruit Choice of Milk		<b>FEATURED VEGGIES</b> Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> BBQ Baked Beans Cole slaw Choice of Fruit Choice of Milk	
<b>14-Nov</b>				
<b>Market Street Deli</b>				
<b>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!</b>				
Entrée Popcorn Chicken and Mashed Potato Bowl	Entrée County Fair Corn Dog	Entrée General Tso's Chicken* served over White rice	Entrée Turkey Dinner with all the fixings	Entrée Toasted Cheese Sandwich on Texas Toast
<b>FEATURED VEGGIES</b> Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Curly Fries Steamed Mixed Veggies Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Mashed Potatoes & Gravy Green Beans Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Tomato Soup Broccoli Salad Choice of Fruit Choice of Milk
<b>21-Nov</b>				
<b>Choices may include: Nachos Grande, Walking Taco, Chicken Mashed Potato Bowl, Pasta Bar, Burger Bar, Wok - N- Roll, and more!!!</b>				
<b>PIZZA EXPRESS</b>				
Entrée Loaded Baked Potato Bar with all the fixings	Entrée Italian Chicken Sandwich with Provolone Cheese on a Brioche Bun	Entrée General Tso's Chicken over rice*	<b>FALL BREAK</b>  <b>HAPPY THANKSGIVING</b>	
<b>FEATURED VEGGIES</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> French Fries Lettuce & Tomato Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk		
<b>28-Nov</b>				
<b>Chicken Central</b>				
<b>Choices may include Chicken Patty on a bun, Spicy Chicken Patty on a bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.</b>				
<b>FALL BREAK</b>				
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	Entrée Philly Cheesesteak on on Toasted Baguette	Entrée General Tso's Chicken* served over Fried Rice	Entrée Grilled Panini Flatbread Fare A variety of Panini Sandwiches Grilled on Flatbread <b>FEATURED VEGGIES</b> Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk	Entrée Buffalo Chicken Pizza* or Hot Italian Hoagie  <b>FEATURED VEGGIES</b> Roasted Lemon & Pram Broccoli Baby Carrots Choice of Fruit Choice of Milk
	<b>FEATURED VEGGIES</b> Steamed Garden Peas Curried Chickpea Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk		
<b>5-Dec</b>				
<b>6-Dec</b>				
<b>7-Dec</b>				
<b>8-Dec</b>				
<b>9-Dec</b>				
<b>Check out our Salad Bar!!!! All the items to make your own one of a kind salad!!!</b>				
<b>cheffresh</b>				
Entrée Italian Meatball Hoagie	Entrée Hot Ham & Cheese on a Pretzel Bun	Entrée General Tso's Chicken over rice*	Entrée Breakfast for Lunch French Toast Sticks with Sausage Patties	Entrée Mini Pepperoni Calzones with Dipping Sauce
<b>FEATURED VEGGIES</b> Steamed Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Black Beans Fresh Pico De Gallo Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Triangle Hash Browns Cinnamon Apples Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Side Caesar Salad Green Beans Choice of Fruit Choice of Milk