



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

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

MONDAY 3-Oct	TUESDAY 4-Oct	WEDNESDAY 5-Oct	THURSDAY 6-Oct	FRIDAY 7-Oct
Signature Entree				
Entrée Popcorn Chicken and Mashed Potato Bowl	Entrée County Fair Corn Dog	Entrée General Tso's Chicken* served over White rice	Entrée Homemade Macaroni & Cheese	Entrée Toasted Cheese Sandwich on Texas Toast
FEATURED VEGGIES Steamed Corn Broccoli Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Curly Fries Steamed Mixed Veggies Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Oven Fries Celery Sticks Choice of Fruit Choice of Milk	FEATURED VEGGIES Tomato Soup Broccoli Salad Choice of Fruit Choice of Milk
10-Oct				
Choice of fresh baked pizza!!! Choices may include Hand Tossed*, Deep Dish*, French Bread, Flat Bread, and Pepperoni Rolls*.				
11-Oct				
Entrée Loaded Baked Potato Bar with all the fixens	Entrée Italian Chicken Sandwich with Provolone Cheese on a Brioche Bun	Entrée General Tso's Chicken over rice*	Entrée Hot Ham & Cheese on a Pretzel Bun	Entrée Loaded Pierogies with various toppings
FEATURED VEGGIES Green Beans Baby Carrots Choice of Fruit Choice of Milk	FEATURED VEGGIES French Fries Lettuce & Tomato Choice of Fruit Choice of Milk	FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Cauliflower Choice of Milk	FEATURED VEGGIES Steamed Broccoli Chickpea Salad Choice of Fruit Choice of Milk
17-Oct				
18-Oct				
19-Oct				
20-Oct				
21-Oct				
Market Street Deli				
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!				
Entrée Cheeseburger Tater Tot Bowl w/ Shredded Cheddar. Pickles Onion, Diced Tomato, and 1000 Island Dressing. w/ Dinner Roll	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	Entrée Buffalo Chicken Pizza* or Hot Italian Hoagie
FEATURED VEGGIES Tater Tots Baby Carrots Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Garden Peas Curried Chickpea Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Roasted Lemon & Pram Broccoli Baby Carrots Choice of Fruit Choice of Milk
24-Oct				
25-Oct				
26-Oct				
27-Oct				
28-Oct				
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	RECORDS DAY NO CLASSES
FEATURED VEGGIES Steamed Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Black Beans Fresh Pico De Gallo Choice of Fruit Choice of Milk	FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers Choice of Fruit Choice of Milk	
31-Oct				
1-Nov				
2-Nov				
3-Nov				
4-Nov				
Chicken Central				
Choices may include Chicken Patty on a bun, Spicy Chicken Patty on a bun, Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
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
FEATURED VEGGIES Carrot & Celery Sticks Broccoli Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Golden Corn Fresh Coleslaw Choice of Fruit Choice of Milk	FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed BBQ Garden Peas Side Garden Salad Choice of Fruit Choice of Milk	Extra Line FEATURED VEGGIES Roasted BBQ Cauliflower Bites Fresh Coleslaw Choice of Fruit Choice of Milk
7-Nov				
8-Nov				
9-Nov				
10-Nov				
11-Nov				
cheffresh				
Check out our Salad Bar!!!! All the items to make your own one of a kind salad!!!!				
Entrée Popcorn Chicken and Mashed Potato Bowl	Entrée STAFF DEVELOPMENT DAY	Entrée General Tso's Chicken over rice*	Entrée Hawk Burger* Bacon Cheeseburger on a Keiser Roll	Entrée Loaded Tots! Choice of Buffalo Chicken or Seasoned Steak over Tater Tots. Choice of Sauces, Toppings, Roll
FEATURED VEGGIES Mashed Potatoes Golden Corn Choice of Fruit Choice of Milk	NO CLASSES	FEATURED VEGGIES Oriental Vegetable Sliced cucumbers Choice of Fruit Choice of Milk	FEATURED VEGGIES BBQ Baked Beans Cole slaw Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Green Beans Side Caesar Salad Choice of Fruit Choice of Milk