



**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



- Some of the items that may be offered: Vegetable Garden Salad, 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 \$2.90/\$3.70\*  
Reduced \$ .40  
Adult \$4.35/\$4.55\*

John Rambo - General Manager  
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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 10/31/2022	TUESDAY 11/1/2022	WEDNESDAY 11/2/2022	THURSDAY 11/3/2022	FRIDAY 11/4/2022
<b>PIZZA EXPRESS</b> Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
Entrée Popcorn Chicken Mashed Potato Bowl or Macaroni & Cheese <b>FEATURED VEGGIES</b> Mashed Potatoes Golden Corn Choice of Fruit Choice of Milk	Entrée Taco Pizza or Nacho Grande  <b>FEATURED VEGGIES</b> Apple Cider Slaw Black Beans Choice of Fruit Choice of Milk	Entrée General Tso Chicken over rice* or Hot Dag <b>FEATURED VEGGIES</b> Oriental Vegetable Fresh Cauliflower Choice of Fruit Choice of Milk	Entrée Deli Wraps or Grilled Ham & Cheese Sandwich on Texas Toast <b>FEATURED VEGGIES</b> Crinkle Cut Fries Broccoli Salad Choice of Fruit Choice of Milk	Entrée Italian Dunkers w/Marinara Dipping Sauce or Fish Sandwich <b>FEATURED VEGGIES</b> Tater Tots Side Caesar Salad Choice of Fruit Choice of Milk
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
<b>Chicken Central</b> Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
Entrée Grilled Chicken Salad Pittsburgh Stvl w/Ranch or Meatball Hoagie <b>FEATURED VEGGIES</b> Oven Fries Green beans Choice of Fruit Choice of Milk	<b>STAFF DEVELOPMENT DAY</b>  <b>NO CLASSES</b> 	Entrée Breakfast Sandwich or General Tso Chicken over rice* <b>FEATURED VEGGIES</b> Triangle Hash Browns Oriental Vegetable Choice of Fruit Choice of Milk	Entrée Hawk Burger - Bacon * Cheeseburger on a Kaiser Bun or Chicken Patty on a Bun <b>FEATURED VEGGIES</b> Steamed Green Beans Cole slaw Choice of Fruit Choice of Milk	Entrée Fresh Baked Pepperoni Roll with Marinara Dipping Sauce Or Hot Dog Bar <b>FEATURED VEGGIES</b> BBQ Baked Beans Sliced Cucumber Choice of Fruit Choice of Milk
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
<b>cheffresh</b> fresh • made • goodness • to • go Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.				
Entrée Chicken Mashed Potato Bowl or Meatball Hoagie  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk	Entrée Mini Pepperoni Calzones with Marinara Dipping Sauce or Nachos Grande <b>FEATURED VEGGIES</b> Green Beans Celery Sticks Choice of Fruit Choice of Milk	Entrée General Tso Chicken over rice* or Steak & Cheese Hoagie <b>FEATURED VEGGIES</b> Oriental Vegetable Chick Pea Salad Choice of Fruit Choice of Milk	Entrée Sausage Egg & Cheese Croissant or Burger Bar  <b>FEATURED VEGGIES</b> Hash Browns Baby Carrots Choice of Fruit Choice of Milk	Entrée Toasted Cheese Sandwich or Fresh Baked Pepperoni Roll w/dipping sauce* <b>FEATURED VEGGIES</b> Broccoli Salad French Fries Choice of Fruit Choice of Milk
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
<b>PIZZA EXPRESS</b> Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
Entrée Big Daddy's Pizza* or State Fair Corn Dog  <b>FEATURED VEGGIES</b> Curly Fries Green Pepper Strips Choice of Fruit Choice of Milk	Entrée Nacho Grande or Chicken Quesadilla  <b>FEATURED VEGGIES</b> Salsa Black Beans Choice of Fruit Choice of Milk	Entrée General Tso Chicken over rice* or Cheesy Breadsticks <b>FEATURED VEGGIES</b> Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>Fall Break</b> 	<b>Fall Break</b> 
11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
<b>Chicken Central</b> Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
<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 Macaroni & Cheese or Walking Taco  <b>FEATURED VEGGIES</b> Steamed Garden Peas Side Salad Choice of Fruit Choice of Milk	Entrée County Fair Corn Dog or General Tso Chicken over rice* <b>FEATURED VEGGIES</b> Baked Potato Wedges Steamed Mixed Veggies Choice of Fruit Choice of Milk	Entrée Pasta Bar Choice of Chicken or Meatballs Choice of Sauce Over Penne Pasta <b>FEATURED VEGGIES</b> Green Beans Side Caesar Salad Choice of Fruit Choice of Milk	Entrée Mini Pepperoni Calzones with Marinara Dipping Sauce or Popcorn Chicken <b>FEATURED VEGGIES</b> Roasted Broccoli Baby Carrots Choice of Fruit Choice of Milk
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
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Entrée Chicken Nuggets w/ buttered noodles or Hot Ham & Cheese Pretzel <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk	Entrée Soft Shell Beef Taco or Nacho Grande  <b>FEATURED VEGGIES</b> Refried Bean Dip Fresh Pico De Gallo Choice of Fruit Choice of Milk	Entrée General Tso Chicken over rice* or French Toast Sticks w/Sausage <b>FEATURED VEGGIES</b> Triangle Hash Browns Baby Carrots Choice of Fruit Choice of Milk	Entrée Grilled BBQ Chicken Sandwich or Hawk Burger - Bacon * Cheeseburger on a Kaiser Bun <b>FEATURED VEGGIES</b> Oven Fries Coleslaw Choice of Fruit Choice of Milk	Entrée Fresh Baked Pepperoni Roll with Marinara Dipping Sauce or Popcorn Chicken <b>FEATURED VEGGIES</b> Roasted Broccoli Baby Carrots Choice of Fruit Choice of Milk