



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
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 10/3/2022	TUESDAY 10/4/2022	WEDNESDAY 10/5/2022	THURSDAY 10/6/2022	FRIDAY 10/7/2022
PIZZA EXPRESS				
Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
<p>Entrée Chicken Mashed Potato Bowl or Meatball Hoagie</p> <p>FEATURED VEGGIES Mashed Potatoes Corn Choice of Fruit Choice of Milk</p> <p>10/10/2022</p>	<p>Entrée Beefaroni or Nachos Grande</p> <p>FEATURED VEGGIES Green Beans Celery Sticks Choice of Fruit Choice of Milk</p> <p>10/11/2022</p>	<p>Entrée General Tso Chicken over rice* or Steak & Cheese Hoagie</p> <p>FEATURED VEGGIES Oriental Vegetable Chick Pea Salad Choice of Fruit Choice of Milk</p> <p>10/12/2022</p>	<p>Entrée Breakfast Bar or Burger Bar</p> <p>FEATURED VEGGIES Hash Browns Baby Carrots Choice of Fruit Choice of Milk</p> <p>10/13/2022</p>	<p>Entrée Toasted Cheese Sandwich or Fresh Baked Pepperoni Roll w/dipping sauce*</p> <p>FEATURED VEGGIES Broccoli Salad French Fries Choice of Fruit Choice of Milk</p> <p>10/14/2022</p>
Chicken Central				
Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
<p>Entrée Big Daddy's Pizza* or State Fair Corn Dog</p> <p>FEATURED VEGGIES Curly Fries Green Pepper Strips Choice of Fruit Choice of Milk</p> <p>10/17/2022</p>	<p>Entrée Nacho Grande or Chicken Quesadilla</p> <p>FEATURED VEGGIES Salsa Black Beans Choice of Fruit Choice of Milk</p> <p>10/18/2022</p>	<p>Entrée General Tso Chicken over rice* or Cheesy Breadsticks</p> <p>FEATURED VEGGIES Broccoli Baby Carrots Choice of Fruit Choice of Milk</p> <p>10/19/2022</p>	<p>Entrée Hawk Burger - Bacon* Cheeseburger on a Keiser Bun or Hot Ham & Cheese Pretzel</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk</p> <p>10/20/2022</p>	<p>Entrée Loaded Bacon & Cheddar Pierois or Flat Bread Pizza</p> <p>FEATURED VEGGIES Red Pepper Strips Chickpea Salad Choice of Fruit Choice of Milk</p> <p>10/21/2022</p>
chef fresh				
Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.				
<p>Breakfast Bar or Buffalo Chicken Dip Over Tortilla Chips</p> <p>FEATURED VEGGIES Hash Brown Potatoes Corn Salad Choice of Fruit Choice of Milk</p> <p>10/24/2022</p>	<p>Entrée Macaroni & Cheese or Walking Taco</p> <p>FEATURED VEGGIES Steamed Garden Peas Side Salad Choice of Fruit Choice of Milk</p> <p>10/25/2022</p>	<p>Entrée County Fair Corn Dog or General Tso Chicken over rice*</p> <p>FEATURED VEGGIES Baked Potato Wedges Steamed Mixed Veggies Choice of Fruit Choice of Milk</p> <p>10/26/2022</p>	<p>Entrée Pasta Bar Choice of Chicken or Meatballs Choice of Sauce Over Penne Pasta</p> <p>FEATURED VEGGIES Green Beans Side Caesar Salad Choice of Fruit Choice of Milk</p> <p>10/27/2022</p>	<p>Entrée Fresh Baked Pepperoni Roll with Marinara Dinoina Sauce or Popcorn Chicken</p> <p>FEATURED VEGGIES Roasted Broccoli Baby Carrots Choice of Fruit Choice of Milk</p> <p>10/28/2022</p>
PIZZA EXPRESS				
Choice of fresh baked pizza!!! Choices may include hand tossed*, deep dish*, French bread, flat bread, and Pepperoni Roll*.				
<p>Entrée Chicken Nuggets w/ buttered noodles or Hot Ham & Cheese Pretzel</p> <p>FEATURED VEGGIES Steamed Mixed Veggies Tomato & Mozzarella Salad Choice of Fruit Choice of Milk</p> <p>10/31/2022</p>	<p>Entrée Soft Shell Beef Taco or Nacho Grande</p> <p>FEATURED VEGGIES Refried Bean Dip Fresh Pico De Gallo Choice of Fruit Choice of Milk</p> <p>11/1/2022</p>	<p>Entrée General Tso Chicken over rice* or French Toast Sticks w/Sausage</p> <p>FEATURED VEGGIES Triangle Hash Browns Baby Carrots Choice of Fruit Choice of Milk</p> <p>11/2/2022</p>	<p>Entrée Grilled BBQ Chicken Sandwich or Hawk Burger - Bacon* Cheeseburger on a Keiser Bun</p> <p>FEATURED VEGGIES Oven Fries Coleslaw Choice of Fruit Choice of Milk</p> <p>11/3/2022</p>	<p>RECORDS DAY NO CLASSES</p> <p>11/4/2022</p>
Chicken Central				
Choices may include Chicken Patty on a bun, Spicy Chicken Patty on s bun , Popcorn Chicken, Chicken Nuggets, Chicken Fries, or Chicken Tenders.				
<p>Entrée Popcorn Chicken Mashed Potato Bowl or Macaroni & Cheese</p> <p>FEATURED VEGGIES Mashed Potatoes Golden Corn Choice of Fruit Choice of Milk</p> <p>11/7/2022</p>	<p>Entrée Taco Pizza or Nacho Grande</p> <p>FEATURED VEGGIES Apple Cider Slaw Black Beans Choice of Fruit Choice of Milk</p> <p>11/8/2022</p>	<p>Entrée General Tso Chicken over rice* or Hot Dag</p> <p>FEATURED VEGGIES Oriental Vegetable Fresh Cauliflower Choice of Fruit Choice of Milk</p> <p>11/9/2022</p>	<p>Entrée Deli Wraps or Grilled Ham & Cheese Sandwich on Texas Toast</p> <p>FEATURED VEGGIES Crinkle Cut Fries Broccoli Salad Choice of Fruit Choice of Milk</p> <p>11/10/2022</p>	<p>Entrée Italian Dunkers w/Marinara Dipping Sauce or Fish Sandwich</p> <p>FEATURED VEGGIES Tater Tots Side Caesar Salad Choice of Fruit Choice of Milk</p> <p>11/11/2022</p>
chef fresh				
Check out our Chef Fresh Items!! Fresh made salads, sandwiches, and warps to choose from.				
<p>Entrée Grilled Chicken Salad Pittsburgh Style w/Ranch or Meatball Hoagie</p> <p>FEATURED VEGGIES Oven Fries Green beans Choice of Fruit Choice of Milk</p> <p>11/7/2022</p>	<p>STAFF DEVELOPMENT DAY NO CLASSES</p> <p>11/8/2022</p>	<p>Entrée Breakfast Sandwich or General Tso Chicken over rice*</p> <p>FEATURED VEGGIES Triangle Hash Browns Oriental Vegetable Choice of Fruit Choice of Milk</p> <p>11/9/2022</p>	<p>Entrée Hawk Burger - Bacon* Cheeseburger on a Keiser Bun or Chicken Patty on a Bun</p> <p>FEATURED VEGGIES Steamed Green Beans Cole slaw Choice of Fruit Choice of Milk</p> <p>11/10/2022</p>	<p>Entrée Fresh Baked Pepperoni Roll with Marinara Dipping Sauce Or Hot Dog Bar</p> <p>FEATURED VEGGIES BBQ Baked Beans Sliced Cucumber Choice of Fruit Choice of Milk</p> <p>11/11/2022</p>