

Welcome to Dining Services

Leave Your Lunchbox At Home!

Buying lunch at school is a nutritious and healthy option and can help save money. Compare:

Cost of Paid Bethel Park School Lunch

Elementary - \$1.90

Middle School - \$2.05

High School - \$2.20

With many nutritious and delicious options offered daily; there's something to please everyone.

Cost of Outside Meal Options & Average Packed Lunch

Lunchable - \$2.39 - Turkey & Cheese, no milk or vegetable

McDonald's Happy Meal - \$2.69

Turkey Sandwich- \$0.98

Ham Sandwich- \$0.86

Peanut Butter & Jelly Sandwich - \$0.47

Orange- \$0.79

Apple - \$0.82

Jell-O pack - \$0.58

Yoplait Trix® Yogurt - \$0.50

Capri Sun 100 % Juice- \$0.40

Prices based on supermarket prices as of October 2011.

School Lunch Menu Choices

Students at Bethel Park School District have a variety of choices for their lunch, and are served by our conscientious and friendly dining staff.

Fruit Choices include: (1/2 cup serving)

Canned fruit, mixed fruit, applesauce, diced or sliced peaches, sliced pears, fresh apple, fresh oranges, fresh banana, or 100% assorted fruit juices.

Vegetable Choices include:

(1/2 cup serving)

Celery sticks, carrots sticks, broccoli, cauliflower, tossed salad, corn, green beans, baked fries, and mashed potatoes.

Grains & Bread

Selections include white whole grain options.

Entrées

Selections include at least a 2 oz. meat or meat alternate. **Popular menu items include:**

Homemade macaroni & cheese

Spaghetti with meat sauce

Chicken fajitas

Turkey hot dogs

Homemade pepperoni rolls

Cheese pizza

Popcorn chicken

Breakfast for lunch

Salad bar featuring a variety of toppings.

Milk - 8 oz.

Choices include fat-free and 1% white.



National School Lunch Program

Bethel Park School District operates on the National School Lunch Program in all schools. This program sets the following standards for student lunches to be considered "complete":

Five Components must be offered to students every day at lunch. They are:

1. Meat/Meat Alternative
2. Grain/Bread
3. Vegetables
4. Fruits
5. Milk

In order for a lunch to be in compliance with the guidelines; students must choose at least **three** of the **five** components, and can choose all five.

Some examples include:

1. Meat/Meat Alternative + Grain/Bread + Vegetable + Fruit and Milk
2. Meat/Meat Alternative + Grain/Bread, + Milk
3. Meat/Meat Alternative + Grain/Bread, + Fruit

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