



Belle Vernon Area School District

Bellmar Middle



January 2010

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p><u>Breakfast</u> Cold Cereal, Apple, Toast</p> <p><u>Lunch</u> Chicken Nuggets Wheat Roll 1/2 Cup Baked Fries 1/2 Cup Sweet Peas 1/2 Cup Pears Milk</p>	<p><u>Breakfast</u> Pancake Stick</p> <p><u>Lunch</u> Chicken Fajitas Whole Wheat Soft Pretzel 1/2 Cup Tator Tots 1/2 Cup Corn 1/2 Cup Pineapple Tidbits Milk</p>	<p><u>Breakfast</u> Breakfast Pizza</p> <p><u>Lunch</u> Spaghetti w/Meatballs Garlic Bread 1/2 Cup Italian Salad Fresh Banana Milk</p>	<p><u>Breakfast</u> Funnel Cake & Sausage</p> <p><u>Lunch</u> Chicken Patty 1/2 Cup Whipped Potatoes Gravy 1/2 Cup Green Beans 1/2 Cup Peaches Milk</p> <p style="text-align: center;">Apple Crisp</p>	<p><u>Breakfast</u> Bagel w/Assorted Toppings</p> <p><u>Lunch</u> Assorted School Pizza 1/2 Cup Salad 1/2 Cup Glazed Carrots 1/2 Cup Fruit Variety Milk</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p><u>Breakfast</u> Yogurt and toast slice</p> <p><u>Lunch</u> Meatball Sub on a Hoagie Roll 1/2 Cup Cosmic Smiles 1/2 Cup Vegetables 1/4 Cup Mandarin Oranges Milk</p>	<p><u>Breakfast</u> Hot Pocket</p> <p><u>Lunch</u> Grilled Cheese Sandwich 1/2 Cup Tomato Soup Crackers 1/2 Cup Peas 1/4 Cup Mixed Fruit Milk</p>	<p><u>Breakfast</u> Scrambled Eggs w/Sausage & Toast</p> <p><u>Lunch</u> Chicken Bowl Dinner/Roll 1/2 Cup Whipped Potatoes/Gravy 1/2 Cup Corn 1/2 Cup Fruit Milk</p>	<p><u>Breakfast</u> Waffle Sticks & Links</p> <p><u>Lunch</u> Beef & Cheese Nachos Wheat Dinner Roll 1/2 Cup Celery Sticks and Baby Carrots Fresh Apple Milk</p> <p style="text-align: center;">Cake</p>	<p><u>Breakfast</u> French Toast Sticks</p> <p><u>Lunch</u> Stuffed Crust Pizza 1/2 Cup Seasoned Green Beans 1/2 Cup Diced Pears Sherbet Cup Milk</p>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 202
<p>No School Martin Luther King Day</p> 	<p><u>Breakfast</u> Super Donuts/Grahams</p> <p> <u>Lunch</u> Walking Tacos w/shredded Lettuce Whole Wheat Soft Pretzel 1/2 Cup Sweet Corn 1/2 Cup Fruited Gelatin Milk</p>	<p><u>Breakfast</u> Sausage Biscuit</p> <p><u>Lunch</u> Chicken Rings w/Roll Potato Triangle 1/2 Cup Broccoli & Cheese 1/4 Cup Mixed Fruit Milk</p> <p style="text-align: center;">School Made Cookies</p>	<p><u>Breakfast</u> Breakfast Pizza</p> <p><u>Lunch</u> Turkey Roll w/ Stuffing and Gravy 1/2 Cup Whipped Potatoes 1/2 Cup Peas 1/2 Cup Pears Milk</p>	<p><u>Breakfast</u> Ham & Cheese Bagel</p> <p><u>Lunch</u> Assorted School Pizza 1/2 Cup Italian Salad 1/2 Cup Baby Carrots Fresh Fruit Milk</p>



Every Friday in January is Pizza Day

<u>All Schools</u>	
Breakfast	\$.90
Reduced	\$.30
<u>High School</u>	
Lunch	\$ 2.10
Reduced	\$.40
<u>Elementary School</u>	
Lunch	\$ 1.80
Reduced	\$.40

MENU SUBJECT TO CHANGE



Milk Choices:

1/2 Pint
1% White
Chocolate
Skim

Assorted Flavors

Available Every Day as a Breakfast alternative:

Cereal, Muffin, Milk and Juice
Yogurt, Muffin, Milk and Juice

Foodservice Menu

Breakfast & Lunch



Additional Selections include:

Chef Salad

Turkey Sandwich

Peanut Butter & Jelly Sandwich

Cheese Sandwich

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p><u>Breakfast</u></p> <p>Blueberry Muffin w/Grahams Lunch</p> <p>Hot Dog on a bun 1/2 Cup Fries 1/2 Cup Green Beans 1/2 Cup Pineapple Tidbits Milk</p> 	<p><u>Breakfast</u></p> <p>Funnel Cake & Sausage</p> <p><u>Lunch</u></p> <p>Breaded Chicken Patty Sandwich 1/2 Cup Crinkle Fries 1/2 Cup Steamed Broccoli 1/2 Cup Peaches Milk</p> <p>Brownies</p>	<p><u>Breakfast</u></p> <p>French Toast Sticks</p> <p><u>Lunch</u></p> <p>Hamburger or Cheeseburger on a bun 1/2 Cup Vegetable 1/2 Cup Chicken Noodle Soup 1/2 Cup Applesauce Milk</p>	<p><u>Breakfast</u></p> <p>Pancakes & Sausage</p> <p><u>Lunch</u></p> <p>Chicken & Biscuits 1/2 Cup Whipped Potatoes Gravy 1/2 Cup Peas 1/2 Cup Pears Milk</p>	<p><u>Breakfast</u></p> <p>Breakfast Burrito with Salsa</p> <p><u>Lunch</u></p> <p>French Bread Pizza 1/2 Cup Celery Sticks 1/2 Cup Mixed Fruit Milk</p> 

Menu Subject to Change

In order to qualify for a reimbursable lunch, you must choose three, four, or five items from the following group:
 Protein 2oz...1 item
 Fruit/Veg ... 2 items
 Bread ... 1 serving

Protein 2 oz	1 item	Fruit/Veg	2 items
Bread	1 serving	Milk	1 serving



School

Lunch Menu

www.bellevnonarea.net

Follow us on Twitter @bvacafe

