

HIGH SCHOOL BREAKFAST MENU

OCTOBER 2026



BETHLEHEM
AREA SCHOOL DISTRICT
DINING SERVICES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pancake on a Stick
with Turkey Sausage
or
Banana Split Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk 5

Turkey Bacon, Egg &
Cheese on a Bagel
or
Chocolate Banana
Smoothie
100% Juice
Assorted Fruit
Choice of Milk 6

Mini Chocolate Chip
French Toast
or
Overnight Oats
Station
100% Juice
Assorted Fruit
Choice of Milk 7

French Toast Sticks 1
or
Pineapple Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Egg & Cheese 2
on a Croissant
or
Apple Pie
Smoothie Bowl
100% Juice
Assorted Fruit
Choice of Milk

Breakfast Pizza 8
or
Peach Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Sausage, Egg & Cheese 9
on a Biscuit
or
Tropicle
Smoothie
100% Juice
Assorted Fruit
Choice of Milk

French Toast Sticks 12
or
Blueberry Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Ham, Egg and Cheese 13
on a Croissant
or
Apple Pie
Smoothie Bowl
100% Juice
Assorted Fruit
Choice of Milk

Pancake on a Stick 14
with Turkey Sausage
or
Overnight Oat Station
100% Juice
Assorted Fruit
Choice of Milk

Scrambled Eggs 15
with Cheese and Toast
or
Strawberry Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Mini Chocolate Chip 16
French Toast
or
Orange Crush
Smoothie
100% Juice
Assorted Fruit
Choice of Milk

Sausage, Egg & Cheese 19
on a Biscuit
or
Banana Split Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

French Toast Sticks 20
or
Blueberry Bash
Smoothie Bowl
100% Juice
Assorted Fruit
Choice of Milk

Cheese Omelet 21
with Toast
or
Overnight Oat Station
100% Juice
Assorted Fruit
Choice of Milk

Pancake on a Stick 22
with Turkey Sausage
or
Pineapple Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Egg & Cheese 23
on a Bagel
or
Chocolate Banana
Smoothie
100% Juice
Assorted Fruit
Choice of Milk

Mini Chocolate Chip 26
French Toast
or
Peach Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Egg & Cheese 27
on a Bagel
or
Strawberry Blitz
Smoothie
100% Juice
Assorted Fruit
Choice of Milk

French Toast Sticks 28
or
Overnight Oat
Station
100% Juice
Assorted Fruit
Choice of Milk

Breakfast Taco 29
or
Blueberry Yogurt
Parfait
100% Juice
Assorted Fruit
Choice of Milk

Pancake on a Stick 30
with Turkey Sausage
or
Pineapple Banana
Smoothie
100% Juice
Assorted Fruit
Choice of Milk

Your Dining Services Team

Rose Levan
General Manager
(610) 861.8135 ext.37714
rose.levan@metzcorp.com



Breakfast Prices

Student Free
Adult \$3.00

MAKE IT A MEAL!

Choose at least 3 of 4 meal components
for the school breakfast price:
Whole Grain, Meat/Milk Alternative,
Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or
vegetable must accompany a breakfast.

Milk Selection

1% White Milk
Skim Milk
Fat Free Chocolate Milk

Available Daily

Assorted Cereal Bars, Muffins, Breakfast
Bread and Mini Bagels

Fruit Selection

Seasonal Fresh Fruits:
Apples, Bananas, Pears, Oranges,
Strawberries, Blueberries, Tangerines,
Grapes, Melons

Canned Fruits in Light Syrup:

Mixed Fruit, Peaches, Pears, Applesauce,
Apple Slices, Pineapple, Mandarin
Oranges
100% Juice: Apple, Grape, Orange, Fruit
Punch

Now Hiring

Part-time dining service
substitutes with potential for
permanent positions.

For more information please
contact Rose Levan at
610.861.8135 Ext. 37714

or

rlevan@basdschools.org



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.