

# MIDDLE SCHOOL BREAKFAST MENU

# OCTOBER 2026



**BETHLEHEM**  
AREA SCHOOL DISTRICT  
DINING SERVICES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

30  
Pancake on a Stick  
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](mailto: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](mailto: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.