

WELLNESS EDUCATION



At Metz & Associates, Ltd. we realize the importance of proper nutrition to the health and well-being of school children. We place special emphasis on nutrition education in every school we serve; helping students develop healthy eating habits that will last a lifetime.

Wellness Counts! Our Programs

Wellness Friends focuses on making nutrition education and healthy eating an interesting experience through the use of age-appropriate educational programs and monthly promotions.

Nutritious Friends, the introduction of different fruits, vegetables, or healthy item each month in menu items and special promotions.

Commissioner Nutrition, a lovable bear who educates elementary students about the Nutritious Friend's fruit, vegetable, or healthy concept of the month through stories, fun facts and giveaways.

Nutritious Friendly Snacks: not only great tasting, but great for you. The Nutritious Friendly Snack Program encourages healthy snack choices. Our team of dietitians follows stringent guidelines as they carefully select healthy snacks for the program.

Wellness Education Programs: Metz & Associates is proud to offer a variety of wellness education programs that teach students the knowledge and skills needed for a lifetime of good health. All programs are designed to be fun, interactive, age appropriate, and educational.

BETHEL PARK SCHOOL DISTRICT LUNCH PROGRAM

The number one priority of the Bethel Park School District's food service program is to provide high quality, delicious and nutritious food. We provide a diverse and varied menu to meet the nutritional requirement, tastes and preference of the students.

Our school lunch meals are in accordance with the strict nutrition regulations of the USDA specifying that meals must have less than 30% from fat and less than 10% calories from saturated fat over the course of the week.

CONTACT US

Food Service Director:

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Welcome to Bethel Park School District Dining Services



MEAL PRICES 2010 - 2011

Breakfast

	PAID	REDUCED
Middle School	\$1.15	\$0.30
High School	\$1.25	\$0.30

Lunch

	PAID	PREMIUM
Elementary	\$1.90	\$2.45
Middle School	\$2.05	\$2.50
High School	\$2.20	\$2.50
Reduced Lunch	\$0.40	

PAYMENT OPTIONS

Bethel Park School District utilizes the online service, **PayForIt.net**, to prepay your child's cafeteria account.

PayForIt.net offers you a convenient, easy, and secure way to make prepayments using your bank account or your Visa or MasterCard.

Enrolling on this secure website is simple and can be completed online. In addition to making online payments, the site allows you to check balances, view student purchases, and set spending limits for your child. Please note that you do not need to make online payments in order to see your child's account information.

How else can parents deposit money into their child's account?

Account deposits may be made by personal checks, payable to the Bethel Park School District FSD, or by cash.

Students hand in the personal check or cash to the cashier in the cafeteria or school offices. Deposits will appear in the student's account as soon as they are entered by the cashier.

For questions regarding payment options or deposits please contact the Food Service office.

WHAT IS INCLUDED IN A SCHOOL LUNCH?

Each day your child will be offered a complete lunch, which includes a serving of:

1. Meat/Meat Alternate
2. Bread
3. Fruit
4. Vegetable
5. Milk

Students must be offered at least these 5 food items daily. However, your child can choose to take full servings of a minimum of 3 and up to the 5 food items. Students may decline any two food items.

The servings of fruits and vegetables may be a combination of a serving of fruit and a serving of vegetables, or two servings of two different fruits, or two servings of two different vegetables.

In your child's selection, they must choose three different food items. For instance, they could not take two servings of breaded chicken tenders and count that as two of the five menu items.



DINING HIGHLIGHTS

- On average, our schools offer five entrée choices daily at the elementary level, and more than one dozen entrée choices at the middle and senior high levels. These options include entrée salads at all levels. Many of our schools also have salad bars or a variety of freshly prepared grab-n-go salads.
- All Bethel Parks schools serve a variety of fruit and vegetable choices each day. A minimum of three fresh and canned fruits, along with three cold and one hot vegetable are offered to students daily.
- Offered daily in our schools are a variety of whole wheat bread and roll choices.
- We do not "deep fat" fry and products. All items, including potatoes, are oven-baked or oven-browned.
- Our food items are all trans-fat free.
- No whole milk is offered. Milk choices include 1%, and Skim.
- Among our a la carte offerings students will be able to find Nutritious Friendly Snacks, chosen to meet specific nutritional guidelines.
- Our Healthy Party Menu offers parents and teachers healthy alternatives for classroom celebrations.