Visit Website

Earn 1% back on all purchases made in GPSpay or with GPSpay Wallet

Start Earning Rewards Today!

Every purchase earns you rewards toward your next meal!

GPSpay

View rewards deposited directly in your account by navigating to "Home" » "Money" » and viewing your "Transaction History".

Get Rewarded like Royalty

Message from the Kitchen

As the weather cools down, we're busy in the kitchen preparing the hearty, comforting meals our students need to stay focused and energized from the first bell to the last.

Best,
The Bevaris Alliance Team

Time Flies When It's Lunchtime

They say time flies when you're having fun, and that's exactly how lunch should feel too. Bevaris Alliance's chefs plan every week's meals to strike a flavorful balance between student-approved familiar favorites, exciting new specials, and beloved recurring classics. We make sure "boring" is never on the menu, and every lunch is something students can look forward to.

Picky Eaters Welcome

Bevaris Alliance's Every-Day Menu ensures our most popular, student-approved items are available every mealtime, so even the pickiest eaters have a familiar favorite to count on. Parents can rest easy knowing their child will find something they love, right alongside their friends.

New Dishes to New Favorites

Young palates expand when students see their friends digging into something new. That's why Bevaris Alliance's chefs introduce Daily Specials beyond the Every-Day Menu and invite students to explore new flavors together, turning today's new dish into next month's must-have.

Keeping the Classics Coming

A little routine goes a long way. Bevaris Alliance partners with your school to align menus with the academic calendar, so every week includes a beloved classic students can look forward to, whether it's a "Pizza Friday" or a "Taco Tuesday".

WAFFLE-IRON PIZZAS

INGREDIENTS

- *1 (16.3 oz) can refrigerated large flaky biscuits (8 count)*
- *½ cup pizza sauce*
- *1 ½ cups shredded mozzarella cheese*
- *½ cup mini pepperonis*
- *Non-stick cooking spray*
- *½ tsp garlic powder*
- *1 tsp Italian seasoning*
- *red pepper flakes*

INSTRUCTIONS

1. ***Heat** your waffle iron to medium-high and set your oven to broil (High). Line a baking sheet with foil or parchment*
2. ***Coat** the hot waffle iron with non-stick spray. Place one biscuit in the center, close the lid, and press gently. Cook for 2 to 3 minutes until golden brown and*
3. ***Remove** the waffle with tongs and place it on the baking sheet. Repeat with the remaining*
4. ***Spread** 1 tablespoon of pizza sauce onto each waffle, ensuring it fills the divots. Top generously with mozzarella, mini pepperonis, and*
5. ***Broil** for 1 to 2 minutes until the cheese is melted and bubbly. Watch closely to prevent burning.*
6. ***Let the pizzas rest** for 1 to 2 minutes before serving so the sauce can cool slightly.*

Eat real food rather than expensive protein supplements

eatright.org Academy of Nutrition and Dietetics

TEEN NUTRITION FOR FALL SPORTS

Fall is a great season for stop-and-go sports such as soccer, football and basketball. Your teen athlete needs power for quick, strong moves and endurance for practices and games. But how do you make sure that your active teen gets the necessary nutrients to fuel both? Here are four nutrition tips to keep in mind.

Food Is Fuel

You wouldn't put cheap gas in a luxury car, so why put calories from saturated fats and added sugars in your teen athlete's body? Individual calorie needs vary depending on age, sex, type and amount of activity, as well as other factors.

Read Full Article