

Beaver River Central School

Lunch Menu
3/1 - 3/8
Reverse Side
3/11 - 3/29



March 2019



Breakfast Choices

✓ Hot Entrée Listed
100% Fruit Juice, Fruit,
Assorted Cereal,
Nutri-Grain Bar or Cereal Bar
1% White Milk or FF White
Milk
All items available
A LA CARTE

Elementary Snack Drink \$.55

Meal Categories: Free,
Reduced @ \$.25 and
Full @ \$1.35

Prepayment for meals are
recommended at least by the
week or longer period of time

Checks Payable to:
BRCS LUNCH FUND

You can make online payments
and check your child's
account balance @
www.MySchoolBucks.com

An Application for Free or
Reduced Meal benefits may be
completed and submitted
anytime during the school year.
Call Mrs. Heather Pellam at
346-1211 Ext. 560 for
information

MON	TUE	WED	THU	FRI
<p>Mini Waffles 4</p> <p>*Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Butternut Squash Tasty Peas Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 5</p> <p>*Entrée Choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, sour cream)</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Corn Refried Beans Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, ham, cheese on English Muffin (ASH WEDNESDAY) 6</p> <p>*Entrée choose 1 *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tomato Soup Macaroni / Vegetable Salad Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 7</p> <p>*Entrée Choose 1 *Mexican Taco's w/ Lettuce, cheese, salsa & Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit Roasted Corn Kernels Refried Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 1</p> <p>*Entrée Choose 1 *Cheese Pizza *Meat Lover's Pizza (Hamburger, Ham Pepperoni & Sausage) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots Assorted Fresh Fruit Canned Fruit Choices</p> <p>Bagel w/ Cream Cheese or Peanut Butter 8</p> <p>*Entrée Choose 1 *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Cabbage Salad Oven Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>

MON	TUE	WED	THU	FRI
Mini French Toast 11 *Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Oven Fries Baked Beans Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 12 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 13 *Entrée Choose 1 *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese BRCS Made Italian Bread Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans 100% Fruit Juice March Birthday Cake	Ham & Egg Breakfast Pizza 14 *Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Sweet-n-Sour Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12) Whole Grain Bread and Butter Vegetables and Fruit Egg Roll w/ Sweet & Sour Sauce Oriental Rice Roasted Broccoli Shamrock Lemon/ Lime Sorbet	15 Superintendent's Day  No School
Mini Pancakes 18 *Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun Vegetables and Fruit Sweet Potato Fries Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 19 *Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese on English Muffin 20 *Entrée Choose 1 *Mexican Taco's w/ Lettuce, Cheese, Salsa & Sour Cream *Escalloped Potatoes and Ham BRCS Cinnamon Roll Vegetables and Fruit Roasted Corn Kernels Refried Beans Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 21 *Entrée Choose 1 *(Gr. K-5) Chicken Nuggets *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa *Beef Goulash Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Cauliflower / Broccoli Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 22 *Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Assorted Fresh Fruit Canned Fruit Choices
Mini Waffles 25 *Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Oven Fries Baked Beans Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 26 *Entrée Choose 1 *Hot Turkey / Gravy on Mashed Potato *Chicken Nuggets w/ Mashed Potato Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Seasoned Corn Tasty Peas Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin 27 *Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese BRCS Made Italian Bread Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 28 *Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Sweet -n-Sour Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12) Whole Grain Bread and Butter Vegetables and Fruit Egg Roll - Grades (K-12) Oriental Rice Roasted Broccoli Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 29 *Entrée Choose 1 *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Canned Fruit Choices Assorted Fresh Fruit

Lunch Choices

Daily Elementary Choices:

- ✓ Hot Entrée Listed
- Chef Salad w/ Crackers or Wheat Bread
- PB&J Sandwich
- Yogurt w/ Crackers or Wheat Bread

Daily MS/HS Choices:

- ✓ Hot Entrée Listed
- Salad Bar w/ Crackers or Wheat Roll

Deli Sandwich / Soup, Crackers
 Yogurt Parfait w/ Crackers or Wheat Bread
 Nacho's with Cheese Sauce

Milk Choices:

1% White, FF White or FF Chocolate Milk

All Bread / Buns:

100% Whole Wheat or 51% Whole Grain

****All Students MUST choose (1) Vegetable OR (1) Fruit, May choose up to (2) or (3) Vegetables**

Grades K-8:

May choose up to (1) Fruit

Grades 9-12:

May choose (1) or (2) Fruit

Meal Categories: Free, Reduced @ \$.25 and Full Price @ \$2.10 Elem \$2.20 MS/HS

