

Beaver River Central School

Lunch Menu
12/3- 12/7
Reverse Side
12/10- 12/21

December 2018



MON

TUE

WED

THU

FRI



<p>Mini French Toast 3</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces <p>Whole Grain Bread and Butter</p> <p><u>Vegetables and Fruit</u></p> <ul style="list-style-type: none"> Roasted Cauliflower Sweet Potato Fries Cabbage Salad <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 4</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Chicken Nuggets (Gr. K-5) *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa (MS/HS) *Beef Goulash <p>Whole Grain Bread and Butter</p> <p><u>Vegetables and Fruit</u></p> <ul style="list-style-type: none"> Tossed Romaine Salad w/ dressing Roasted Green Beans <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage cheese on English Muffin 5</p> <p>*Entrée choose 1</p> <ul style="list-style-type: none"> *Mexican Taco's w/ Lettuce, Cheese, Salsa, & Sour Cream *Escalloped Potatoes and Ham <p>BRCs Cinnamon Roll</p> <p><u>Vegetables and Fruit</u></p> <ul style="list-style-type: none"> Roasted Corn Kernels Refried Beans <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 6</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese <p><u>Vegetables and Fruit</u></p> <ul style="list-style-type: none"> Tomato Soup Pasta / Vegetable Salad Carrot Sticks <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 7</p> <p>*Entrée Choose 1</p> <ul style="list-style-type: none"> *Cheese Pizza *Meat Lover's Pizza (Hamburger, Ham, Pepperoni & Sausage) *Macaroni & Cheese <p>Whole Grain Bread and Butter</p> <p><u>Vegetables and Fruit</u></p> <ul style="list-style-type: none"> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans <p>Assorted Fresh Fruit Canned Fruit Choices</p>
---	---	--	--	---

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
Mini Pancakes 10 *Entrée Choose 1 *Hamburg on 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 11 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Seasoned Corn Butternut Squash Mashed Potatoes / Gravy Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 12 *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 December Birthday Cake w/ Sprinkles	Ham & Egg Breakfast Pizza 13 *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-n-Sour Sauce Oriental Rice Roasted Broccoli Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 14 *Entrée Choose 1 *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce Whole Grain Bread and Butter Vegetables and Fruit Cabbage Salad Oven Fries Steamed Fresh Spinach Applesauce Peanut Butter Cookie
Mini Waffles 17 *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 18 *Entrée Choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, sour cream) Whole Grain Bread and Butter Vegetables and Fruit Roasted Corn Refried Beans Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 19 *Entrée Choose 1 Holiday Dinner *Turkey/Gravy w/dressing *Ham Patty on Bun BRCS Cinnamon Roll Vegetables and Fruit Butternut Squash Mashed Potatoes Tasty Peas / Seasoned Carrots Cranberry Sauce 100% Fruit Juice Frosted Christmas Cookie	Ham & Egg Breakfast Pizza 20 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce Bosco Bread Stick w/ Marinara Sauce Vegetables and Fruit Butternut Squash Potato Rounds Seasoned Corn Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 21 *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 Snowman Holiday Strawberry / Lime Swirl Sorbet
 <p> Christmas Holiday Recess Dec. 24 - 31 No School </p>	<p><i>Merry Christmas</i></p> 			

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

