

**Beaver River
Central
School**

Menu
1/2 - 1/12
Reverse side
1/15 - 1/31

January 2018



MON	TUE	WED	THU	FRI
<p>New Year's Holiday 2018 No School</p>	<p>Sausage & Egg Breakfast Pizza 2</p> <p>*Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p>Vegetables and Fruit Oven Tater Tots Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English Muffin 3</p> <p>*Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese</p> <p>BRCS made Italian Bread</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 4</p> <p>*Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Cauliflower Sweet Potato Fries Cabbage Salad</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 5</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</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>
<p>Mini Pancakes 8</p> <p>*Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Sweet Potato Fries Baked Beans Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 9</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 Roasted Green Beans Butternut Squash Mashed Potatoes / Gravy</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 10</p> <p>*Entrée choose 1 *Mexican Taco's w/ Lettuce, cheese, salsa *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit Roasted Corn Kernels Refried Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 11</p> <p>*Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Cherry Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12)</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Egg Roll - Grades (K-12) Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 12</p> <p>*Entrée Choose 1 *Shrimp Poppers *Fish on Bun Cocktail Sauce Tartar Sauce</p> <p>Cheesy Pull Apart Bread</p> <p>Vegetables and Fruit Cabbage Salad Oven Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</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. 535 for information

MON	TUE	WED	THU	FRI
<p>15</p> <p>Martin Luther King Day</p>  <p>No School</p>	<p>Sausage & Egg Breakfast Pizza 16</p> <p>*Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p>Vegetables and Fruit Sweet Potato Fries Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English Muffin 17</p> <p>*Entrée Choose 1 *Rib-que on Bun *Spaghetti w/ Meat Sauce Grated Cheese</p> <p>BRCS Made Italian Bread</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>100% Fruit Juice January Birthday Cake</p>	<p>Ham & Egg Breakfast Pizza 18</p> <p>*Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce</p> <p>Cheesy Breadstick w/ Marinara Sauce</p> <p>Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 19</p> <p>*Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>
<p>Mini Waffles 22</p> <p>*Entrée Choose 1 *Mini Corn Dogs *Chicken Nuggets Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Seasoned Carrots Butternut Squash Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 23</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>Hot egg, sausage, cheese on English Muffin 24</p> <p>*Entrée Choose 1 *Chicken Nuggets (Gr. K-5) *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa * Beef Goulash</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Cauliflower</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 25</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 Pasta / Vegetable Salad Carrot Sticks</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 26</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 Buttered Peas & Carrots Canned Fruit Choices Assorted Fresh Fruit</p>
<p>Mini French Toast 29</p> <p>*Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Oven Fries Baked Beans Sliced Carrots</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 30</p> <p>*Entrée Choose 1 *Stuffed Cheese Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, & sour cream) Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Corn Refried Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English muffin 31</p> <p>*Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese</p> <p>BRCS made Italian Bread</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</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

