

# Beaver River Central School



# JUNE 2019



MON	TUE	WED	THU	FRI
Mini Pancakes 3  <b>*Entrée Choose 1</b> *Hamburg on Bun *Hot Dog on Bun  Chili-n-Beans  <b>Vegetables and Fruit</b> Oven Fries Baked Beans Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 4  <b>*Entrée Choose 1</b> *Chicken Drumsticks *Cheese Stuffed Shells In Sauce  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Butternut Squash Potato Rounds Tasty Peas  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese On English Muffin 5  <b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, Cheese, Salsa & Sour Cream  BRCS Cinnamon Roll  <b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans  Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 6  <b>*Entrée Choose 1</b> *(Gr.K-5) Chicken Nuggets *Chicken & Cheese Quesadilla Wrap w/ Sour Cream & Salsa *Beef Goulash  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Cauliflower  Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 7  <b>*Entrée Choose 1</b> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans  Canned Fruit Choices Assorted Fresh Fruit
Mini Waffles 10  <b>*Entrée Choose 1</b> *Ham Patty on Bun *Chicken Patty on Bun *(Gr.6-12) Spicy Chicken Patty on Bun  <b>Vegetables and Fruit</b> Sweet Potato Fries Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 11  <b>*Entrée Choose 1</b> *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, sour cream)  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Corn Refried Beans  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese on English Muffin 12  <b>*Entrée Choose 1</b> *Rib-que on Bun *Spaghetti w/ Meat Sauce Grated Cheese  BRCS Made Italian Bread  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Green Beans  100% Fruit Juice June Birthday Cake	Ham & Egg Breakfast Pizza 13  <b>*Entrée Choose 1</b> *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  <b>Vegetables and Fruit</b> Egg Roll Oriental Rice Roasted Broccoli  Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 14  <b>*Entrée Choose 1</b> *Cheese Pizza *Meat Lover's Pizza (Hamburger, Ham, Pepperoni, & Sausage) *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans  American Flag Themed Sorbet Cup

## 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 at  
[www.MySchoolBucks.com](http://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  
 315-346-1211 Ext. 560 for  
 information

MON	TUE	WED	THU	FRI
Mini French Toast 17 <b>*Entrée Choose 1</b> *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Roasted Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad  Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 18 <b>*Entrée Choose 1</b> *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Roasted Green Beans Mashed Potatoes / Gravy Butternut Squash  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin 19 <b>*Entrée Choose 1</b> *Ham Patty on Bun *Chicken Patty on Bun  <b>Vegetables and Fruit</b> Oven Fries Seasoned Carrots  Canned Fruit Choices Assorted Fresh Fruit	Assorted Breakfast Items 20 <b>*Entrée Choose 1</b> *Hot Dog on Bun *PB & J Sandwich  Potato Chips Pasta Salad Baked Beans Carrot Sticks Pickles Ice Cream  <b>Serving in Elem. Cafeteria Dining Room Only</b> <b>10:30 a.m. - 12:15 p.m.</b>	Assorted Breakfast Items 21 <b>*Entrée Choose 1</b> *Hamburg on Bun *PB & J Sandwich  Potato Chips Macaroni Salad Baked Beans Carrot Sticks Pickles Ice Cream  <b>Serving in Elem. Cafeteria Dining Room Only</b> <b>10:30 a.m. - 12:15 p.m.</b>  <b>Commencement 7:00 pm</b> Congratulations To our Graduates From the Food Service Staff
24  <u>SNACK DRINK IS AVAILABLE</u>  NO MEAL AVAILABILITY  EARLY DISMISSAL 11:30 a.m.	25  NO MEAL AVAILABILITY  EARLY DISMISSAL 11:30 a.m.	26  THANK YOU FOR YOUR PARTICIPATION ALL YEAR LONG  <b>HAVE A HEALTHY AND SAFE SUMMER</b>  WE LOOK FORWARD TO YOUR RETURN IN SEPTEMBER	27    <b>See You In September</b>	28

## Lunch Choices

### Daily Elementary Choices:

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

### Daily MS/HS Choices:

- ✓ Hot Entrée Listed
- Salad Bar w/ Crackers or Wheat Roll
- Deli Sandwich / Soup, Crackers
- Yogurt Parfait w/ Crackers or Whole Grain 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

