

**Beaver River
Central
School**

Menu
11/1 - 11/9
Reverse side
11/12 - 11/30

November 2018

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
			Ham & Egg Breakfast Pizza 1 *Entrée Choose 1 *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese Vegetables and Fruit Tomato Soup Pasta / Vegetable Salad Carrot Sticks Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 2 *Entrée Choose 1 *Cheese Pizza *Meat Lover's Pizza (Hamburger, Ham Pepperoni, & Sausage) *Macaroni & Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Canned Fruit Choices Assorted Fresh Fruit
			Mini French Toast 5 *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 Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 6 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce Bosco Bread Stick w/ Marinara Sauce Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas Canned Fruit Choices Assorted Fresh Fruit

MON	TUE	WED	THU	FRI
<p>12</p>  <p>(Observed)</p> <p>No School</p>	<p>Sausage & Egg Breakfast Pizza 13</p> <p>*Entrée Choose 1</p> <p>*Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit</p> <p>Oven Potato Fries Baked Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English Muffin 14</p> <p>*Entrée Choose 1</p> <p>*Mexican Taco's w/ Lettuce, Cheese, Salsa & Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit</p> <p>Roasted Corn Kernels Refried Beans</p> <p>Assorted Fresh Fruit Canned Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 15</p> <p>*Entrée Choose 1</p> <p>Thanksgiving Dinner</p> <p>*Turkey / Gravy w/ dressing *Ham Patty on Bun</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit</p> <p>Butternut Squash Mashed Potatoes Tasty Peas Honey Glazed Carrots Cranberry Sauce Apple Pie</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 16</p> <p>*Entrée Choose 1</p> <p>*Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS / HS) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots Canned Fruit Choices Assorted Fresh Fruit</p>
<p>Mini Pancakes 19</p> <p>*Entrée Choose 1</p> <p>*Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p>Vegetables and Fruit</p> <p>Sweet Potato Fries Seasoned Carrots</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 20</p> <p>*Entrée Choose 1</p> <p>*Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans</p> <p>Thanksgiving Holiday Sorbet Cup</p>	<p>21</p> <p>Thanksgiving</p> <p>Recess</p> <p>No School</p> 	<p>22</p>   <p>No School</p>	<p>23</p> <p>Thanksgiving</p> <p>Recess</p> <p>No School</p> 
<p>Mini Waffles 26</p> <p>*Entrée Choose 1</p> <p>*Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Seasoned Carrots Butternut Squash Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 27</p> <p>*Entrée Choose 1</p> <p>*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</p> <p>Roasted Corn Refried Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, ham, cheese on English Muffin 28</p> <p>*Entrée Choose 1</p> <p>*Rib-que on Bun *Rotini Pasta w/ meat sauce</p> <p>BRCS Made Italian Bread</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 29</p> <p>*Entrée Choose 1</p> <p>*Hamburg in Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit</p> <p>Oven Fries Baked Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 30</p> <p>*Entrée Choose 1</p> <p>*Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</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**

