

# Beaver River Central School

Lunch Menu  
10/1 - 10/9  
Reverse Side  
10/12- 10/30

# October 2020



## 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 @ \$.00 and  
Full @ \$1.40


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](http://www.MySchoolBucks.com)

An Application for Free for  
Reduced Meal benefits may be  
completed and submitted  
anytime during the school year.  
Call Mrs. Ashley Roes at  
315-346-1211 Ext. 561 for  
information

MON	TUE	WED	THU	FRI
			<p>Ham &amp; Egg Breakfast Pizza 1</p> <p><b>*Entrée Choose 1</b> *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p><b>Vegetables and Fruit</b> Sweet Potato Fries Seasoned Carrots Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese Or Peanut Butter 2</p> <p><b>*Entrée Choose 1</b> *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni &amp; Cheese</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>Mini Pancakes 5</p> <p><b>*Entrée Choose 1</b> *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Roasted Corn Butternut Squash Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage &amp; Egg Breakfast Pizza 6</p> <p><b>*Entrée Choose 1</b> *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><b>Vegetables and Fruit</b> Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>7</p> <p>Remote Day</p> <p>Menu B</p> <p>(Bulk Delivery x2 For Columbus Week)</p>	<p>Hot egg, ham, cheese on English Muffin 8</p> <p><b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, cheese, salsa &amp; Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p><b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese Or Peanut Butter 9</p> <p><b>*Entrée Choose 1</b> *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tarter Sauce</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Cabbage Salad Sweet Potato Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>

MON	TUE	WED	THU	FRI
<p>12</p> <p><b>Columbus Day</b></p>  <p><b>No School</b> (No Wednesday meal delivery)</p>	<p>13</p> <p>Mini Waffles</p> <p><b>*Entrée Choose 1</b> *Stuffed Cheese &amp; Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, sour cream)</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Roasted Corn Refried Beans Roasted Green Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>14</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p><b>*Entrée Choose 1</b> *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Roasted Broccoli Sweet Potato Fries Cabbage Salad</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>15</p> <p>Sausage &amp; Egg Breakfast Pizza</p> <p><b>*Entrée Choose 1</b> *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><b>Vegetables and Fruit</b> Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>16</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p><b>*Entrée Choose 1</b> *Pepperoni Pizza *Cheese Pizza *Macaroni &amp; Cheese</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>19</p> <p>Mini French Toast</p> <p><b>*Entrée Choose 1</b> *Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p><b>Vegetables and Fruit</b> Sweet Potato Fries Baked Beans Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>20</p> <p>Ham &amp; Egg Breakfast Pizza</p> <p><b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, cheese, salsa &amp; Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p><b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans Garbanzo Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>21</p> <p><b>Remote Day</b></p> <p><b>Menu B</b></p>	<p>22</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p><b>*Entrée Choose 1</b> *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Roasted Corn Butternut Squash Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>23</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p><b>*Entrée Choose 1</b> *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tarter Sauce</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Cabbage Salad Sweet Potato Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>
<p>26</p> <p>Mini Pancake</p> <p><b>*Entrée Choose 1</b> *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p><b>Vegetables and Fruit</b> Sweet Potato Fries Seasoned Carrots Roasted Corn Kernels</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>27</p> <p>Hot egg, ham, cheese On English Muffin</p> <p><b>*Entrée Choose 1</b> *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni &amp; Cheese</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Roasted Green Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>28</p> <p><b>Remote Day</b></p> <p><b>Menu A</b></p>	<p>29</p> <p>Ham &amp; Eggs Breakfast Pizza</p> <p><b>*Entrée Choose 1</b> *Chicken Drumsticks *Cheese Stuffed Shells In Sauce</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Butternut Squash Potato Rounds Tasty Peas</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>30</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p><b>*Entrée Choose 1</b> *Pepperoni Pizza *Cheese Pizza *Macaroni &amp; Cheese</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> 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 @ \$.00 and Full Price @ \$2.20 Elem \$2.30 MS/HS

