



Beaver River Central School

Lunch Menu
10/2 - 10/13
Reverse Side
10/16- 10/31

October 2017



MON	TUE	WED	THU	FRI
<p>Mini Waffles 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 Sweet Potato Fries Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 3</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>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 4</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>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 5</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 Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese Or Peanut Butter 6</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>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>9</p> <p>Columbus Day</p>  <p>No School</p>	<p>10</p> <p>Superintendents Conference Day</p>  <p>No School</p>	<p>Hot egg, sausage, cheese on English Muffin 11</p> <p>*Entrée choose 1 *Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Oven Fried Baked Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 12</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>Bagel w/ Cream Cheese Or Peanut Butter 13</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
Mini French Toast 16 *Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 17 *Entrée Choose 1 *Stuffed Cheese Calzone Pocket *Chicken Fajita (Gr. 6-12) (add lettuce, cheese, tomato, sour cream) Whole Grain Bread and Butter Vegetables and Fruit Roasted Corn Refried Beans Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin 18 *Entrée Choose 1 *Rib-que on Bun *Rotini w/ meat Sauce Grated Cheese BRCS Made Italian Bread Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans 100% Fruit Juice October Birthday Cake	Ham & Egg Breakfast Pizza 19 *Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Cherry Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12) Whole Grain Bread and Butter Vegetables and Fruit Egg Roll Oriental Rice Roasted Broccoli Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 20 *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 Diced Beets Canned Fruit Choices Assorted Fresh Fruit
Mini Pancakes 23 *Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun Vegetables and Fruit Oven Fries Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 24 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Corn Butternut Squash Mashed Potatoes / Gravy Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 25 *Entrée Choose 1 *Mexican Taco's w/ Lettuce, cheese, salsa & sour cream *Escalloped Potatoes and Ham BRCS Cinnamon Roll Vegetables and Fruit Roasted Corn Kernels Refried Beans Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 26 *Entrée Choose 1 *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese Vegetables and Fruit Tomato Soup Pasta / Vegetable Salad Carrot Sticks Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 27 *Entrée Choose 1 *Shrimp Poppers *Fish on Bun Cocktail Sauce Tartar Sauce Cheesy Pull Apart Bread Vegetables and Fruit Cabbage Salad Oven Fries Steamed Fresh Spinach Applesauce Peanut Butter Cookie
Mini Waffles 30 *Entrée Choose 1 *Hamburg on Bun *Hot dog on Bun Chili-n-Beans Vegetables and Fruit Sweet Potato Fries Baked Beans Slices Carrots Canned Fruit Choices Assorted Fresh Fruit	 Sausage & Egg Breakfast Pizza 31 Trick or Treat Surprise *Entrée Choose 1 *Chicken Nuggets (Gr. K-5) *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa (MS/HS) *Beef Goulash Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Chillin Bat Orange Sorbet 			

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

