

# Beaver River Central School

Lunch Menu  
9/2 - 9/13  
Reverse Side  
9/16- 9/30

# September 2019



MON	TUE	WED	THU	FRI
<p>2</p> <p><b>LABOR DAY</b></p> <p><b>No School</b></p>	<p>3</p> <p><b>Superintendents Conference Day</b></p> <p><b>No School</b></p>	<p>4</p> <p><b>Superintendents Conference Day</b></p> <p><b>No School</b></p>	<p>5</p> <p>Mini Pancakes</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> Oven Potato Fries Baked Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>6</p> <p>Bagel w/ Cram 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>
<p>9</p> <p>Mini Waffles</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 Green Beans Mashed Potatoes / Gravy Seasoned Carrots</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>10</p> <p>Sausage &amp; Egg 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>11</p> <p>Hot egg, ham, cheese on English Muffin</p> <p><b>*Entrée Choose 1</b> *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese</p> <p>BRCS Made Italian Bread</p> <p><b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>100% Fruit Juice September Birthday Cake w/ Sprinkles</p>	<p>12</p> <p>Ham &amp; Egg Breakfast Pizza</p> <p><b>*Entrée Choose 1</b> *(Gr. K-5) Chicken Nuggets *Chicken and Cheese Quesadilla Wrap w/ Sour Cream &amp; Salsa *Beef Goulash</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Cauliflower Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>13</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 Tartar Sauce</p> <p>Whole Grain Bread and Butter</p> <p><b>Vegetables and Fruit</b> 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 @ \$0.00  
Full Price @ \$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 or  
Reduced Meal benefits may be  
completed and submitted  
anytime during the school year.  
Call Mrs. Ashley Roes at  
315-346-3561 for  
information

MON	TUE	WED	THU	FRI
Mini French Toast 16 <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 17 <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> Roasted Corn Refried Beans  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin 18 <b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, cheese, salsa, & Sour Cream *Escalloped Potatoes and Ham  BRCS Cinnamon Roll  <b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans  Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 19 <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 w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli  Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 20 <b>*Entrée Choose 1</b> *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots  Canned Fruit Choices Assorted Fresh Fruit
Mini Pancakes 23 <b>*Entrée Choose 1</b> *Hamburg on Bun *Hot Dog on Bun  Chili-n-Beans  <b>Vegetables and Fruit</b> Oven Fries Baked Beans  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 24 <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 Corn Butternut Squash Mashed Potatoes / Gravy  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese on English Muffin 25 <b>*Entrée Choose 1</b> *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese  BRCS Made Italian Bread  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Green Beans  Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 26 <b>*Entrée Choose 1</b> *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese  <b>Vegetables and Fruit</b> Tomato Soup Pasta / Vegetable Salad Carrot Sticks  Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 27 <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 Steamed Carrots  Assorted Fresh Fruit Canned Fruit Choices
Mini Waffles 30 <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  Canned Fruit Choices Assorted Fresh Fruit				

## 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 @ \$0.00
- Full Price @ \$2.20 Elem
- \$2.30 MS/HS

