

Beaver River Central School

Menu
1/4 - 1/15
Reverse side
1/18 - 1/29

January 2021



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

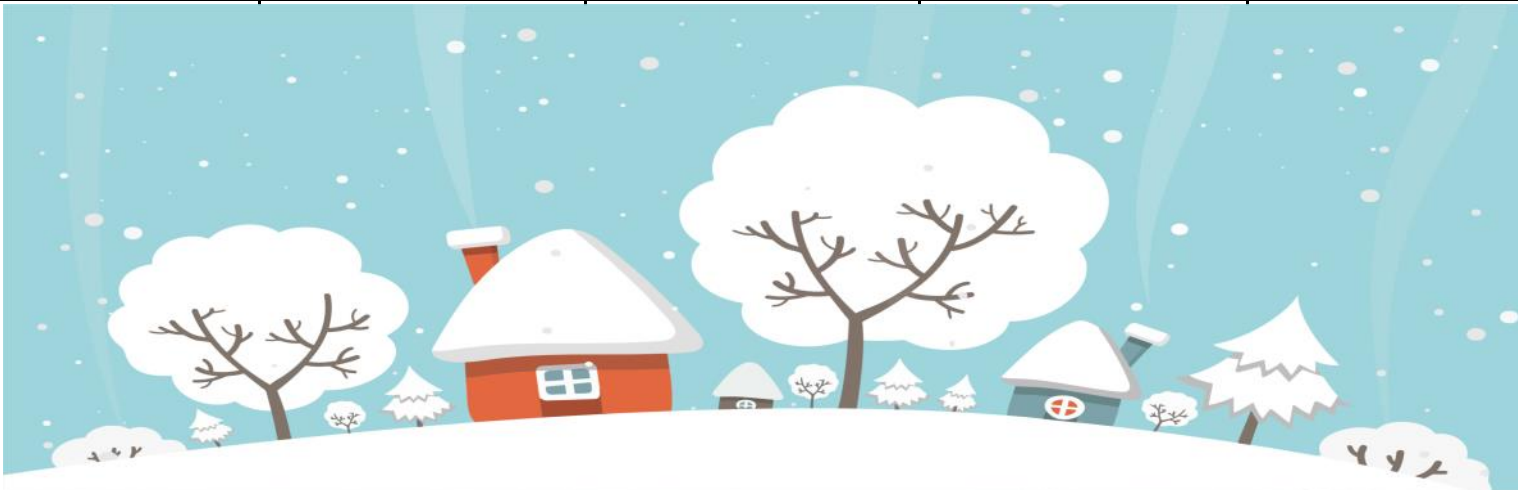
Checks Payable to:
BRCS LUNCH FUND

You can make online payments
and check your child's
account balance @
www.MySchoolBucks.com

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

MON	TUE	WED	THU	FRI
Mini Pancakes 4 <u>*Entrée Choose 1</u> *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces Whole Grain Bread and Butter <u>Vegetables and Fruit</u> Roasted Cauliflower/Broccoli Sweet Potato Fries Cabbage Salad Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese On English Muffin 5 <u>*Entrée Choose 1</u> *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, & sour cream) Whole Grain Bread and Butter <u>Vegetables and Fruit</u> Tossed Romaine Salad w/ dressing Refried Beans Roasted Garbanzo Beans Assorted Fresh Fruit Canned Fruit Choices	Remote Menu A	Sausage & Egg Breakfast Pizza 7 <u>*Entrée Choose 1</u> *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 <u>Vegetables and Fruit</u> Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 8 <u>*Entrée Choose 1</u> *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce Whole Grain Bread and Butter <u>Vegetables and Fruit</u> Cabbage Salad Sweet Potato Fries Steamed Fresh Spinach Applesauce Peanut Butter Cookie
Mini Waffles 11 <u>*Entrée Choose 1</u> *Hamburg on Bun *Hot Dog on Bun Chili-n-Beans <u>Vegetables and Fruit</u> Oven Fries Baked Beans Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 12 <u>*Entrée Choose 1</u> *Mexican Taco's w/ Lettuce, cheese, salsa & Sour Cream *Escalloped Potatoes and Ham BRCS Cinnamon Roll <u>Vegetables and Fruit</u> Roasted Corn Kernels Refried Beans Garbanzo Beans Canned Fruit Choices Assorted Fresh Fruit	Remote Menu B	Hot egg, ham, cheese On English Muffin 14 <u>*Entrée Choose 1</u> *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese <u>Vegetables and Fruit</u> Tomato Soup Pasta / Vegetable Salad Carrot Sticks Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 15 <u>*Entrée Choose 1</u> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese Whole Grain Bread and Butter <u>Vegetables and Fruit</u> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Seasoned Carrots Canned Fruit Choices Assorted Fresh Fruit

MON	TUE	WED	THU	FRI
<p>18</p> <p>Martin Luther King Day</p>  <p>No School</p>	<p>19</p> <p>Mini French Toast</p> <p>*Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (HS/MS) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots Assorted Fresh Fruit Canned Fruit Choices</p>	<p>20</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p>*Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese</p> <p>BRCS made Italian Bread</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans 100% Fruit Juice January Birthday Pudding w/ Sprinkles</p>	<p>21</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas Assorted Fresh Fruit Canned Fruit Choices</p>	<p>22</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p>*Entrée Choose 1 *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Cabbage Salad Sweet Potato Fries Steamed Fresh Spinach Applesauce Peanut Butter Cookie</p>
<p>25</p> <p>Mini Pancakes</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 Roasted Green Beans Assorted Fresh Fruit Canned Fruit Choices</p>	<p>26</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Sweet-n-Sour 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 w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli Canned Fruit Choices Assorted Fresh Fruit</p>	<p>27</p> <p>Remote Menu A</p>	<p>28</p> <p>Hot egg, sausage, cheese on English Muffin</p> <p>*Entrée Choose 1 *Mexican Taco's w/ Lettuce, cheese, salsa & Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit Roasted Corn Kernels Refried Beans Assorted Fresh Fruit Canned Fruit Choices</p>	<p>29</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p>*Entrée Choose 1 *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Seasoned Carrots 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

