

Beaver River Central School

Lunch Menu
3/2 - 3/13
Reverse Side
3/16 - 3/31



March 2020



MON	TUE	WED	THU	FRI
<p>Mini Waffles 2</p> <p>*Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Corn Butternut Squash Mashed Potatoes / Gravy</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 3</p> <p>*Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Oven Potato Fries Baked Beans Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, ham, cheese On English Muffin 4</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 Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 5</p> <p>*Entrée Choose 1 *(Gr. K-5) Chicken Nuggets *(MS/HS) 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>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 6</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 Oven Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>
<p>Mini French Toast 9</p> <p>*Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Cauliflower Sweet Potato Fries Cabbage Salad</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 10</p> <p>*Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tater Tots Seasoned Carrots</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 11</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</p> <p>100% Fruit Juice March Birthday Cake</p>	<p>Ham & Egg Breakfast Pizza 12</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 13</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</p> <p>Canned Fruit Choices Assorted Fresh Fruit</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 @ \$.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 16 *Entrée Choose 1 *Mini Corn Dogs *Chicken Nuggets Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Corn Butternut Squash Mashed Potatoes / Gravy Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 17 St. Patrick's Day *Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Oven Fries Baked Beans Seasoned Carrots Shamrock Sorbet Cup	Hot egg, ham, cheese on English Muffin 18 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Deli Roasted Potatoes Tossed Romaine Salad w/ dressing Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 19 *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 Roasted Garbanzo Beans Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese Or Peanut Butter 20 *Entrée Choose 1 *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce Whole Grain Bread and Butter Vegetables and Fruit Cabbage Salad Oven Fries Steamed Fresh Spinach Applesauce Peanut Butter Cookie
Mini Waffles 23 *Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun Vegetables and Fruit Sweet Potato 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 *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese BRCS Made Italian Bread Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 26 *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 Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 27 *Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots Assorted Fresh Fruit Canned Fruit Choices
Mini French Toast 30 *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 Corn Sweet Potato Fries Cabbage Salad Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 31 *Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Oven Fries Baked Beans Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices			

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

