

Beaver River Central School

Lunch Menu
9/5 - 9/15

September 2017



MON	TUE	WED	THU	FRI
<p>LABOR DAY</p>	<p>Mini Pancakes 5</p> <p>*Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Oven Potato Fries Baked Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 6</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 7</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>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w / Cream Cheese or Peanut Butter 8</p> <p>*Entrée Choose 1 *Shrimp Poppers *Fish on Bun Cocktail Sauce Tarter 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 Waffles 11</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 Green Beans Mashed Potatoes / Gravy</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 12</p> <p>*Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce</p> <p>Cheesy Bread Stick w/ Marinara Sauce</p> <p>Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English Muffin 13</p> <p>*Entrée choose 1 *Mexican Tacos 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</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 14</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>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w / Cream Cheese or Peanut Butter 15</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 Diced Beets</p> <p>Assorted Fresh Fruit Canned Fruit Choices</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

September 2017

9/18- 9/29



MON	TUE	WED	THU	FRI
<p>Mini French Toast 18</p> <p>*Entrée Choose 1</p> <p>*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</p> <p>Roasted Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 19</p> <p>*Entrée Choose 1</p> <p>*Stuffed Cheese Calzone Pocket *Chicken Fajita (Gr. 6-12) (add lettuce, cheese, tomato, sour cream)</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Roasted Corn Refried Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 20</p> <p>*Entrée Choose 1</p> <p>*Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese</p> <p>BRCS made Italian Bread</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p>100% Fruit Juice September Birthday Cake</p>	<p>Ham & Egg Breakfast Pizza 21</p> <p>*Entrée Choose 1</p> <p>*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</p> <p>Egg Roll w/Sweet & Sour Sauce Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w / Cream Cheese or Peanut Butter 22</p> <p>*Entrée Choose 1</p> <p>*Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>Mini Pancakes 25</p> <p>*Entrée Choose 1</p> <p>*Hamburg on Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit</p> <p>Oven Fries Baked Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 26</p> <p>*Entrée Choose 1</p> <p>*Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and fruit</p> <p>Roasted Corn Butternut Squash Mashed Potatoes / Gravy</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, sausage, cheese on English Muffin 27</p> <p>*Entrée Choose 1</p> <p>*Mexican Taco's w/ Lettuce , cheese, salsa & Sour Cream *Escalloped Potatoes and Ham</p> <p>BRCS Cinnamon Roll</p> <p>Vegetables and Fruit</p> <p>Roasted Corn Kernels Refried Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 28</p> <p>*Entrée Choose 1</p> <p>*Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit</p> <p>Tomato Soup Pasta / Vegetable Salad Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w / Cream Cheese or Peanut Butter 29</p> <p>*Entrée Choose 1</p> <p>*Shrimp Poppers *Fish on Bun Cocktail Sauce Tartar Sauce</p> <p>Cheesy Pull Apart Bread</p> <p>Vegetables and Fruit</p> <p>Cabbage Salad Oven Fries Steamed Fresh Spinach</p> <p>Applesauce Peanut Butter Cookie</p>

Lunch Choices

Daily Elementary Choices:

- ✓ Hot Entrée Listed
- Chef Salad w/ Crackers or 51% Whole Grain Bread
- PB&J Sandwich
- Yogurt w/ Crackers or 51% Whole Grain Bread

Daily MS/HS Choices:

- ✓ Hot Entrée Listed
- Salad Bar w/ Crackers or Wheat Roll
- Deli Sandwich / Soup, Crackers
- Yogurt Parfait w/ Crackers or 51% Whole Grain 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

*MENU SUBJECT TO CHANGE WITHOUT NOTICE

