

# Beaver River Central School

Lunch Menu  
9/5 - 9/8  
Reverse Side  
9/11 - 9/29

# September 2023



## 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 \$.65

### Meal Categories:

Free, Reduced @ \$0.00  
Full Price @ \$1.50

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
4	5	6	7	8
<b>LABOR DAY</b>   <b>No School</b>	Mini Cinnis  <u><b>*Entrée Choose 1</b></u> *Ham Patty on Bun *Chicken Patty on Bun *(Gr.6-12) Spicy Chicken Patty on Bun  <u><b>Vegetables and Fruit</b></u> Sweet Potato Fries Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin  <u><b>*Entrée Choose 1</b></u> *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces  Whole Grain Bread and Butter  <u><b>Vegetables and Fruit</b></u> Roasted Green Beans Mashed Potatoes / Gravy Seasoned Carrots  Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza  <u><b>*Entrée Choose 1</b></u> *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, sour cream)  Whole Grain Bread and Butter  <u><b>Vegetables and Fruit</b></u> Roasted Corn Refried Beans  Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese Or Peanut Butter  <u><b>*Entrée Choose 1</b></u> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese  Whole Grain Bread and Butter  <u><b>Vegetables and Fruit</b></u> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans  Canned Fruit Choices Assorted Fresh Fruit

MON	TUE	WED	THU	FRI
Mini French Toast 11 <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 12 <b>*Entrée Choose 1</b> *Chicken Drumsticks *Cheese Stuffed Ravioli In Sauce  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Butternut Squash Roasted Potatoes Tasty Peas  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 13 <b>*Entrée Choose 1</b> *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese  BRCS Made Italian Bread  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Green Beans  100% Fruit Juice September Birthday Cake w/ Sprinkles	Ham & Egg Breakfast Pizza 14 <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 15 <b>*Entrée Choose 1</b> *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Cabbage Salad Oven Fries Steamed Fresh Spinach  Applesauce Peanut Butter Cookie
Mini Waffles 18 <b>*Entrée Choose 1</b> *Smokey BBQ Chicken on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Sweet Potato Fries Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 19 <b>*Entrée Choose 1</b> *(Gr. K-5) Chicken Nuggets *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa *Beef Goulash  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Cauliflower Roasted Garbanzo Beans  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 20 <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  Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 21 <b>*Entrée Choose 1</b> *Toasted Cheese Sandwich *Filet of Fish on Bun  <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 22 <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  Assorted Fresh Fruit Canned Fruit Choices
Mini Cinnis 25 <b>*Entrée Choose 1</b> *Hamburg on Bun *Hot Dog on Bun  Chili-n-Beans  <b>Vegetables and Fruit</b> Sweet Potato Fries Baked Beans  Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 26 <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  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 27 <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  Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 28 <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 29 <b>*Entrée Choose 1</b> *Cheese Pizza *Pepperoni Pizza *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans  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 @ \$0.00
- Full Price @ \$2.30 Elem
- \$2.40 MS/HS

