

Beaver River Central School

Menu
11/1- 11/10
Reverse side
11/13- 11/30

November 2023



MON	TUE	WED	THU	FRI
		Hot egg, sausage, cheese on English Muffin 1 *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 100% Fruit Juice November Birthday Cake	Ham & Egg Breakfast Pizza 2 *Entrée Choose 1 *(Gr. K-5) Chicken Nuggets *(MS/HS) Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa *Beef Goulash Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Cauliflower Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 3 *Entrée Choose 1 *Pepperoni Pizza *Cheese Pizza *Macaroni and Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Assorted Fresh Fruit Canned Fruit Choices
Apple Frudel 6 *Entrée Choose 1 *French Toast Sticks w/ syrup and Sausage Patty *Hamburger on Bun Vegetables and Fruit Tater Tots Warm Applesauce Carrot Sticks Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 7 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Seasoned Green Peas Mashed Potatoes / Gravy Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 8 *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 Seasoned Black Beans Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 9 *Entrée Choose 1 *Smokey BBQ Chicken Wrap *Crispy Chicken Wrap *(Gr.6-12)Spicy Chicken Wrap All w/ lettuce, cheese & assorted sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Broccoli Carrot Sticks Assorted Fresh Fruit Canned Fruit Choices	Veterans Day 10 No School

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 @ \$.00 and
Full @ \$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

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
<p>Cherry Frudel 13</p> <p>*Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Sausage & Egg Breakfast Pizza 14</p> <p>*Entrée Choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, Tomato, sour cream)</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Corn Refried Beans Seasoned Black Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Hot egg, sausage, cheese on English Muffin 15</p> <p>*Entrée choose 1 *Toasted Cheese Sandwich *Filet of Fish on Bun</p> <p>Vegetables and Fruit Tomato Soup Refried Beans Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza 16</p> <p>*Entrée Choose 1 Thanksgiving Dinner *Turkey / Gravy w/ dressing *Ham Patty on Bun</p> <p>Dinner Roll</p> <p>Vegetables and Fruit Butternut Squash Mashed Potatoes Seasoned Peas Cranberry Sauce Apple Pie</p>	<p>Bagel w/ Cream Cheese or Peanut Butter 17</p> <p>*Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>Mini Waffles 20</p> <p>*Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun</p> <p>Chili-n-Beans</p> <p>Vegetables and Fruit Oven Fries Baked Beans Seasoned Carrots</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 21</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>	<p>22</p> 	<p>23</p> 	<p>24</p> 
<p>Mini French Toast 27</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 Seasoned Carrots Seasoned Green Peas Mashed Potatoes / Gravy</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 28</p> <p>*Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Ravioli In Sauce</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Butternut Squash Potato Rounds Seasoned Peas</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, Ham, cheese on English Muffin 29</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>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 30</p> <p>*Entrée Choose 1 *Baked Mozzarella Sticks w/ 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>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 @ \$2.30 Elem \$2.40 MS/HS

