

Beaver River Central School

Lunch Menu
10/2 - 10/13
Reverse Side
10/16- 10/31

October 2023



MON	TUE	WED	THU	FRI
<p>Apple Frudel 2</p> <p>*Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Cauliflower/ Broccoli Oven Potato Fries Cabbage Salad</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Sausage & Egg Breakfast Pizza 3</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, sausage, 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 Seasoned Black Beans Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Ham & Egg Breakfast Pizza 5</p> <p>*Entrée Choose 1 *French Toast Sticks w/ syrup and Sausage Patty *Hamburger on Bun</p> <p>Vegetables and Fruit Roasted Green Beans Warm Applesauce Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>6</p> <p>Superintendents Conference Day</p> <p>No School</p>
<p>9</p> <p>Columbus Day</p> <p>No School</p>	<p>Cherry Frudel 10</p> <p>*Entrée Choose 1 *Smokey BBQ Chicken Wrap *Crispy Chicken Wrap *(Gr.6-12)Spicy Chicken Wrap All w/ lettuce, cheese & assorted sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Roasted Broccoli Carrot Sticks</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Hot egg, ham, cheese on English Muffin 11</p> <p>*Entrée Choose 1 *(Gr.K-5) Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Patty on Bun *(Gr.6-12) Chicken Parmesan w/ Spaghetti</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Roasted Garbanzo Beans</p> <p>Assorted Fresh Fruit Canned Fruit Choices</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>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Bagel w/ Cream Cheese Or Peanut Butter 13</p> <p>*Entrée Choose 1 *Shrimp Poppers String Cheese *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>

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 for
Reduced Meal benefits may be
completed and submitted
anytime during the school year.
Call Mrs. Ashley Roes at
315-346-1211 Ext. 561 for
information

MON	TUE	WED	THU	FRI
Mini French Toast 16 *Entrée Choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, Tomato, sour cream) Whole Grain Bread and Butter Vegetables and Fruit Roasted Corn Refried Beans Seasoned Black Beans Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 17 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings w/ Ranch & BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Seasoned Carrots Seasoned Green Peas Mashed Potatoes / Gravy Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 18 *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 October Birthday Cake	Ham & Egg Breakfast Pizza 19 *Entrée Choose 1 *Toasted Cheese Sandwich *Filet of Fish on Bun Vegetables and Fruit Tomato Soup Macaroni Salad Carrot Sticks Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 20 *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 Seasoned Carrots Canned Fruit Choices Assorted Fresh Fruit
Mini Cinnis 23 *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	Sausage & Egg Breakfast Pizza 24 *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 Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham cheese On English Muffin 25 *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 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 *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Assorted Fresh Fruit Canned Fruit Choices
Mini Waffles 30 *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 Roasted Broccoli Canned Fruit Choices Assorted Fresh Fruit	 Sausage & Egg Breakfast Pizza 31 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Ravioli in Sauce Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Potato Rounds Seasoned Peas Canned Fruit Choices Assorted Fresh Fruit 			

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

