

Beaver River Central School

Lunch Menu
9/6 - 9/10
Reverse Side
9/13- 9/30

September 2021



MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
<p>LABOR DAY</p> <p>No School</p>	<p>Mini Pancakes</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>Hot egg, sausage, cheese on English Muffin</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 Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>Ham & Egg Breakfast Pizza</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</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>Bagel w/ Cream Cheese Or Peanut Butter</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 @ \$0.00
Full Price @ \$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
315-346-3561 for
information

MON	TUE	WED	THU	FRI
Mini French Toast 13 *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 Cauliflower / Broccoli Sweet Potato Fries Cabbage Salad Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 14 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Shells In Sauce Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 15 *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 September Birthday Cake w/ Sprinkles	Ham & Egg Breakfast Pizza 16 *Entrée Choose 1 *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 Vegetables and Fruit Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 17 *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 20 *Entrée Choose 1 *Ham Patty on Bun *Chicken Patty on Bun *(Gr. 6-12) Spicy Chicken Patty on Bun Whole Grain Bread and Butter Vegetables and Fruit Sweet Potato Fries Seasoned Carrots Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 21 *Entrée Choose 1 *(Gr. K-5) Chicken Nuggets *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 Roasted Garbanzo Beans Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 22 *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 Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 23 *Entrée Choose 1 *Toasted Cheese Sandwich *Tuna Sub w/ Lettuce & Cheese Vegetables and Fruit Tomato Soup Pasta / Vegetable Salad Carrot Sticks Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 24 *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 Pancakes 27 *Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Sweet Potato Fries Baked Beans Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 28 *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 Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 29 *Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce Grated Cheese BRCS Made Italian Bread Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 30 *Entrée Choose 1 *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 Vegetables and Fruit Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli 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 @ \$2.20 Elem
- \$2.30 MS/HS

