

Beaver River Central School

Menu
1/3- 1/13
Reverse side
1/16 - 1/31

January 2023



MON	TUE	WED	THU	FRI
<p style="text-align: center;">New Year's Holiday</p> <p style="text-align: center;">No School</p>	<p style="text-align: center;">Mini Cinni's 3</p> <p style="text-align: center;">*Entrée Choose 1 *Smokey BBQ Chicken on Bun *Chicken Patty on Bun (Gr.6-12) Spicy Chicken Patty on Bun</p> <p style="text-align: center;">Vegetables and Fruit Sweet Potato Fries Seasoned Carrots</p> <p style="text-align: center;">Canned Fruit Choices Assorted Fresh Fruit</p>	<p style="text-align: center;">Hot egg, sausage cheese on English Muffin 4</p> <p style="text-align: center;">*Entrée choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Patty on Bun *(Gr.6-12) Chicken Parmesan w/ Rotini</p> <p style="text-align: center;">Whole Grain Bread and Butter</p> <p style="text-align: center;">Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans</p> <p style="text-align: center;">Assorted Fresh Fruit Canned Fruit Choices</p>	<p style="text-align: center;">Ham & Egg Breakfast Pizza 5</p> <p style="text-align: center;">*Entrée Choose 1 *Baked Mozzarella Sticks Marinara Sauce *Oriental Cherry Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12)</p> <p style="text-align: center;">Whole Grain Bread and Butter</p> <p style="text-align: center;">Vegetables and Fruit Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli</p> <p style="text-align: center;">Canned Fruit Choices Assorted Fresh Fruit</p>	<p style="text-align: center;">Bagel w/ Cream Cheese or Peanut Butter 6</p> <p style="text-align: center;">*Entrée Choose 1 *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese</p> <p style="text-align: center;">Whole Grain Bread and Butter</p> <p style="text-align: center;">Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans</p> <p style="text-align: center;">Assorted Fresh Fruit Canned Fruit Choices</p>
	<p style="text-align: center;">Mini Pancakes 9</p> <p style="text-align: center;">*Entrée Choose 1 *Hamburg on Bun *Hot Dog on Bun</p> <p style="text-align: center;">Chili-n-Beans</p> <p style="text-align: center;">Vegetables and Fruit Sweet Potato Fries Baked Beans Seasoned Carrots</p> <p style="text-align: center;">Canned Fruit Choices Assorted Fresh Fruit</p>	<p style="text-align: center;">Sausage & Egg Breakfast Pizza 10</p> <p style="text-align: center;">*Entrée Choose 1 *Chicken Nuggets *Mini Corn Dogs w/ Ranch & BBQ Sauces</p> <p style="text-align: center;">Whole Grain Bread and Butter</p> <p style="text-align: center;">Vegetables and Fruit Mashed Potatoes / Gravy Seasoned Corn Seasoned Carrots</p> <p style="text-align: center;">Assorted Fresh Fruit Canned Fruit Choices</p>	<p style="text-align: center;">Hot egg, ham cheese on English Muffin 11</p> <p style="text-align: center;">*Entrée choose 1 *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese</p> <p style="text-align: center;">BRCS Made Italian Bread</p> <p style="text-align: center;">Vegetables and Fruit Romaine Salad w/ Dressing Roasted Green Beans</p> <p style="text-align: center;">100% Fruit Juice January Birthday Cake</p>	<p style="text-align: center;">Ham & Egg Breakfast Pizza 12</p> <p style="text-align: center;">*Entrée Choose 1 *Chicken Nuggets (Gr. K-5) *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa (MS/HS) *Beef Goulash</p> <p style="text-align: center;">Whole Grain Bread and Butter</p> <p style="text-align: center;">Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Cauliflower Roasted Garbanzo Beans</p> <p style="text-align: center;">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 \$.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>16</p> <p>Martin Luther King Day</p>  <p>No School</p>	<p>17</p> <p>Mini Waffles</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 Sweet Potato Fries Cabbage Salad</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>18</p> <p>Hot egg, sausage, cheese on English Muffin</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</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>19</p> <p>Ham & Egg Breakfast Pizza</p> <p>*Entrée Choose 1 *Toasted Cheese Sandwich *Filet of Fish on Bun</p> <p>Vegetables and Fruit Tomato Soup Macaroni Salad Carrot Sticks</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>20</p> <p>Bagel w/ Cream Cheese or Peanut Butter</p> <p>*Entrée Choose 1 *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (HS/MS) *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>23</p> <p>Mini French Toast</p> <p>*Entrée Choose 1 *Hamburg on 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>24</p> <p>Sausage & 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 Seasoned Black Beans</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>	<p>25</p> <p>Hot egg, ham, cheese on English Muffin</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>26</p> <p>Ham & Egg Breakfast Pizza</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 w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>27</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 Seasoned Carrots</p> <p>Canned Fruit Choices Assorted Fresh Fruit</p>
<p>30</p> <p>Mini Pancakes</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 Oven Potato Fries Roasted Broccoli Carrot Sticks</p> <p>Assorted Fresh Fruit Canned Fruit Choices</p>	<p>31</p> <p>Sausage & Egg Breakfast Pizza</p> <p>*Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings w/ Ranch & BBQ Sauces</p> <p>Whole Grain Bread and Butter</p> <p>Vegetables and Fruit Seasoned Carrots Seasoned Green Peas Mashed Potatoes/ Gravy</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

