

Beaver River Central School

Menu
11/1- 11/11
Reverse side
11/14- 11/30

November 2022



MON	TUE	WED	THU	FRI
	Sausage & Egg Breakfast Pizza 1 *Entrée Choose 1 *(Gr. K - 5) Stuffed Cheese & Pepperoni Calzone Pocket *(Gr. 6-12) Chicken Parmesan w/ Spaghetti Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Green Beans Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese on English Muffin 2 *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 3 *Entrée Choose 1 *Toasted Cheese Sandwich *Tuna Sandwich 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 4 *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 French Toast 7 *Entrée Choose 1 *Smokey BBQ Chicken 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 8 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Seasoned Peas Mashed Potatoes / Gravy Carrot Sticks Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin 9 *Entrée Choose 1 *Rib-que on Bun *Rotini Pasta w/ meat sauce 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 10 *Entrée Choose 1 *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce Whole Grain Bread and Butter Vegetables and Fruit Cabbage Salad Sweet Potato Fries Steamed Fresh Spinach Applesauce Fruit Juice Gel Caps

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
Mini Pancakes 14 *Entrée Choose 1 *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauce 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 15 *Entrée Choose 1 *Stuffed Cheese & Pepperoni Calzone Pocket *Chicken Fajita (add lettuce, cheese, Tomato, sour cream) Whole Grain Bread and Butter Vegetables and Fruit Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Seasoned Black Beans Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 16 *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	Ham & Egg Breakfast Pizza 17 *Entrée Choose 1 Thanksgiving Dinner *Turkey / Gravy w/ dressing *Ham Patty on Bun Dinner Roll Vegetables and Fruit Butternut Squash Mashed Potatoes Seasoned Peas Cranberry Sauce Apple Pie	Bagel w/ Cream Cheese or Peanut Butter 18 *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 Canned Fruit Choices Assorted Fresh Fruit
Mini Waffles 21 *Entrée Choose 1 *Hamburg in Bun *Hot Dog on Bun Chili-n-Beans Vegetables and Fruit Oven Potato Fries Baked Beans Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 22 *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 Canned Fruit Choices Assorted Fresh Fruit	23 	24 	25 
Mini French Toast 28 *Entrée Choose 1 *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces Whole Grain Bread and Butter Vegetables and Fruit Roasted Broccoli Butternut Squash Mashed Potatoes / Gravy Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 29 *Entrée Choose 1 *Chicken Drumsticks *Cheese Stuffed Ravioli In Sauce Whole Grain Bread and Butter Vegetables and Fruit Butternut Squash Potato Rounds Tasty Peas Canned Fruit Choices Assorted Fresh Fruit	Hot egg, Sausage, cheese on English Muffin 30 *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 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 @ \$.00 and Full Price @ \$2.30 Elem \$2.40 MS/HS

