

# Beaver River Central School

Lunch Menu  
9/5- 9/9  
Reverse Side  
9/12- 9/30

# September 2022



MON	TUE	WED	THU	FRI
			1	2
			Superintendent's Day  No School	
5	6	7	8	9
<b>LABOR DAY</b>   <b>No School</b>	Mini Cinni's  <u><b>*Entrée Choose 1</b></u> *Ham Patty on Bun *Chicken Patty on Bun *(Gr.6-12) Spicy Chicken Patty on Bun  <u><b>Vegetables and Fruit</b></u> Sweet Potato Fries Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, sausage, cheese on English Muffin  <u><b>*Entrée Choose 1</b></u> *Hamburg on Bun *Hot Dog on Bun  Chili-n-Beans  <u><b>Vegetables and Fruit</b></u> Oven Fries Baked Beans  Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza  <u><b>*Entrée Choose 1</b></u> *Baked Mozzarella Sticks w/ Marinara Sauce *Oriental Cherry Chicken –Grades (K-5) *Oriental General TSO Chicken - Grades (6-12)  Whole Grain Bread and Butter  <u><b>Vegetables and Fruit</b></u> Oriental Rice Egg Roll Roasted Broccoli  Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese Or Peanut Butter  <u><b>*Entrée Choose 1</b></u> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese  Whole Grain Bread and Butter  <u><b>Vegetables and Fruit</b></u> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots  Canned Fruit Choices Assorted Fresh Fruit

## 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 @ \$0.00  
Full Price @ \$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](http://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 Waffles 12 <b>*Entrée Choose 1</b> *Mini Corn Dogs *Boneless Chicken Wings Ranch and BBQ Sauces  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Roasted Corn Butternut Squash Mashed Potatoes / Gravy  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 13 <b>*Entrée Choose 1</b> *Chicken Nuggets (Gr. K-5) *Chicken and Cheese Quesadilla Wrap w/ Sour Cream & Salsa *Beef Goulash  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Cauliflower  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, ham, cheese on English Muffin 14 <b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, cheese, salsa, & Sour Cream *Escalloped Potatoes and Ham  BRCS Cinnamon Roll  <b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans  Assorted Fresh Fruit Canned Fruit Choices	Ham & Egg Breakfast Pizza 15 <b>*Entrée Choose 1</b> *Toasted Cheese Sandwich *Tuna Sandwich w/ Lettuce & Cheese  Tomato Soup Pasta / Vegetable Salad Carrot Sticks  Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 16 <b>*Entrée Choose 1</b> *Shrimp Poppers String Cheese *Fish on Bun Cocktail Sauce Tartar Sauce  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Cabbage Salad Oven Fries Steamed Fresh Spinach  Applesauce Peanut Butter Cookie
Mini French Toast 19 <b>*Entrée Choose 1</b> *Pulled Pork w/ BBQ Sauce on Bun *Popcorn Chicken Ranch & BBQ Sauces  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Roasted Cauliflower Oven Fries Cabbage Salad  Assorted Fresh Fruit Canned Fruit Choices	Sausage & Egg Breakfast Pizza 20 <b>*Entrée Choose 1</b> *Cheese Stuffed Calzone Pocket *Chicken Fajita (add lettuce, cheese, tomato, & sour cream)  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Roasted Corn Refried Beans  Canned Fruit Choices Assorted Fresh Fruit	Hot egg, sausage, cheese on English Muffin 21 <b>*Entrée Choose 1</b> *Rib-que on Bun *Spaghetti w/ meat sauce Grated Cheese  BRCS Made Italian Bread  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Green Beans  100% Fruit Juice September Birthday Cake	Ham & Egg Breakfast Pizza 22 <b>*Entrée Choose 1</b> *Chicken Drumsticks *Cheese Stuffed Ravioli In Sauce  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Butternut Squash Potato Rounds Seasoned Peas  Canned Fruit Choices Assorted Fresh Fruit	Bagel w/ Cream Cheese or Peanut Butter 23 <b>*Entrée Choose 1</b> *Pepperoni Pizza *Cheese Pizza *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots  Assorted Fresh Fruit Canned Fruit Choices
Mini Pancakes 26 <b>*Entrée Choose 1</b> *Hamburg on Bun *Hot Dog on Bun  Chili-n-Beans  <b>Vegetables and Fruit</b> Oven Fries Baked Beans  Canned Fruit Choices Assorted Fresh Fruit	Sausage & Egg Breakfast Pizza 27 <b>*Entrée Choose 1</b> *Ham Patty on Bun *Chicken Patty on Bun *(Gr.6-12) Spicy Chicken Patty on Bun  Sweet Potato Fries Seasoned Carrots  Assorted Fresh Fruit Canned Fruit Choices	Hot egg, ham, cheese on English Muffin 28 <b>*Entrée Choose 1</b> *Mexican Taco's w/ Lettuce, Cheese, Salsa, & Sour Cream *Escalloped Potatoes and Ham  BRCS Cinnamon Roll  <b>Vegetables and Fruit</b> Roasted Corn Kernels Refried Beans  Canned Fruit Choices Assorted Fresh Fruit	Ham & Egg Breakfast Pizza 29 <b>*Entrée Choose 1</b> *Baked Mozzarella Sticks Marinara Sauce *Oriental Cherry Chicken - Grades (K-5) *Oriental General TSO Chicken - Grades (6-12)  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Egg Roll w/ Sweet-n-Sour Sauce Oriental Rice Roasted Broccoli  Assorted Fresh Fruit Canned Fruit Choices	Bagel w/ Cream Cheese or Peanut Butter 30 <b>*Entrée Choose 1</b> *Cheese Pizza *White Garlic Pizza *Buffalo Chicken Pizza (MS/HS) *Macaroni & Cheese  Whole Grain Bread and Butter  <b>Vegetables and Fruit</b> Tossed Romaine Salad w/ dressing Roasted Garbanzo Beans Steamed Carrots  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 @ \$2.30 Elem
- \$2.40 MS/HS

