



**ELEMENTARY
SCHOOLS
BREAKFAST & LUNCH
MENUS
FEBRUARY 2019**

BEACON CITY SCHOOL DISTRICT
FOOD SERVICES DEPARTMENT
29 Education Drive, Beacon,
NY 12508-3994
Tel: 845-838-6900 ext. 2012 or 2021

MEAL PRICES

BREAKFAST	\$1.50
LUNCH	\$2.80
MILK	\$0.60
REDUCED PRICE MEALS	\$0.25

**You may prepay on-line
at myschoolbucks.com**

AVAILABLE DAILY

BREAKFAST: Choice of Assorted Cold Cereal with a Slice of Whole Wheat Bread, Graham crackers or Yogurt are offered daily as alternative selections to the featured Breakfast menu. All Breakfast Meals include 8 oz. Milk (White, Fat Free & 1%), 100% fruit Juice, canned and fresh fruit.

LUNCH: Peanut Butter & Jelly, Pre-ordered Salads and Sandwiches with Cheese, Ham, Salami or Turkey, are available daily as alternative lunch selections. One (1) Cup of Romaine is offered daily with the main entree. All Lunch Meals include both fresh or chilled canned fruit and 8 oz. Milk (White, Fat Free, 1% & Fat Free Chocolate).

**ALL MENUS ARE SUBJECT TO CHANGE*

Monday, Feb. 4

BREAKFAST

Mini Breakfast Item • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH - COMBO MEAL

Chicken Tenders •
Mozzarella Sticks • Crinkle
Cut Fries • Marinara Sauce
OR
One of the Meal Items available daily

Tuesday, Feb. 5

BREAKFAST

Egg & Turkey Bacon on a
WW Bun w/Cheese • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

SC Beef Taco - 2 each
Salsa
SC Black Bean Salad
OR
One of the Meal Items available daily

Wed., Feb. 6

BREAKFAST

Muffin • Yogurt • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

TOP YOUR OWN SALAD
Pizza Stromboli
OR
One of the Meal Items available daily

Thursday, Feb. 7

BREAKFAST

Mini Breakfast Item • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Waffle • Pork or Chicken
Sausage Patty • Oven
Roasted Cubed Potatoes **SC**
OR
One of the Meal Items available daily

Friday, Feb. 8

BREAKFAST

Breakfast Pastry • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Pizzeria Style Pizza
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing **SC**
OR
One of the Meal Items available daily

Vegetable of the Month



Celeriac

Calories: 65.5 | Carbs: 84%
| Fats: 6% | Protein: 10%

SUPPORT YOUR LOCAL FARMERS

Farm to school tasting day

THURSDAY, FEB. 21

Apple Celeriac Slaw

Monday, Feb. 11

BREAKFAST

Mini Breakfast Item • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Chicken Patty on a WW Bun
American cheese slice
Garlicky Green Beans
OR
One of the Meal Items available daily

Tuesday, Feb. 12

BREAKFAST

Egg & Turkey Bacon on a
WW Bun w/Cheese • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

TOP YOUR OWN SALAD
Meatball Hero with
Marinara Sauce
Shredded mozzarella cheese
OR
One of the Meal Items

Wed., Feb. 13

BREAKFAST

Muffin • Yogurt • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

Grilled Cheese Sandwich
Tomato Soup
OR
One of the Meal Items available daily

Thursday, Feb. 14

BREAKFAST

Egg & Chicken Sausage on a
WW English Muffin • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Big Daddy Primo Pizza
Celery Sticks **SC**
Sweet Potato Hummus **SC**
Caesar Salad w/Dressing **SC**
OR
One of the Meal Items available daily

Friday, Feb. 15

President's Day

Weekend



NO SCHOOL

MEAL VIEWER APP

CHECK IT OUT: We have a new phone app and web based menu program called Mealviewer.

Download the app "mealviewertogo" to your phone or on your computer
<https://schools.mealviewer.com/school/BeaconCitySchools>

Search for Beacon Elementary schools and you will find nutritional info on our menu items.

Monday, Feb. 18



NO SCHOOL

Tuesday, Feb. 19

BREAKFAST

Egg & Turkey Bacon on a WW Bun w/Cheese •Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Chicken Wing
WW Dinner Roll
Crinkle Cut Sweet Potato
BBQ Sauce/ Ketchup
OR
One of the Meal Items available daily

Wed., Feb. 20

BREAKFAST

Muffin • Yogurt • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Beef Frank on a WG Bun
Vegetarian Beans
Sauerkraut
Crinkle Cut Fries
OR
One of the Meal Items available daily

Thursday, Feb. 21

BREAKFAST

Mini Breakfast Item • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

NY Thursdays Best Burger Ever

NY Local Beef Burger on a WG Bun
Spiral Fries

TASTING: Apple Celeriac Slaw

OR
One of the Meal Items available daily

Friday, Feb. 22

BREAKFAST

Egg & Chicken Sausage on a WW English Muffin • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Stuffed Crust Pizza
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing **SC**
OR
One of the Meal Items available daily

Monday, Feb. 25

BREAKFAST

Mini Breakfast Item •Fruit
OR
One of the Breakfast Items offered Daily

LUNCH - COMBO MEAL

Popcorn Chicken
Crinkle Cut Fries
Cherry Tomatoes & Diced Cucumbers **SC**
OR
One of the Meal Items available daily

Tuesday, Feb. 26

BREAKFAST

Egg & Turkey Bacon on a WW Bun w/Cheese •Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Pancakes • Syrup • Pork or Chicken Sausage Patty • Hash Brown Oval Patty
OR
One of the Meal Items available daily

Wed., Feb. 27

BREAKFAST

Muffin • Yogurt • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

TOP YOUR OWN SALAD

Grilled Cheese Sandwich
Winter Garden Soup with noodles
OR
One of the Meal Items available daily

Thursday, Feb. 28

BREAKFAST

Egg & Chicken Sausage on a WW English Muffin • Fruit
OR One of the Breakfast Items offered Daily

LUNCH SC

Nachos with Ground Beef
Brown Rice
Salsa
Confetti Corn Salad with peppers
OR
One of the Meal Items available daily

Friday, Mar. 1

BREAKFAST

Muffin • Yogurt • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Big Daddy Primo Pizza
Carrot Soufflé **SC**
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing **SC**
OR
One of the Meal Items available daily

STATEMENT
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

FREE & REDUCED PRICED MEAL

Apply now for Free & Reduced priced meals. Print your application from the website (www.beaconk12.org) or get it from your child's school office

How to Build a Complete Lunch - Pick 3

Choose a cup of **FRESH/CANNED FRUIT** and/or **Two each ½ cups of VEGETABLES** plus at least **2 other Food Groups** including **Milk** select from 1%, Fat Free (FF) or FF Flavored.

ELEMENTARY SCHOOL CAFETERIA SNACKS SCHEDULE

Every day WATER & JUICES are sold
Monday & Wednesday - ICE CREAM DAYS

Tuesday & Thursday - SNACK DAYS
You can see what your child is ordering for snacks on www.myschoolbucks.com

If you wish to restrict your child's account for snacks please send an email to pagano.k@beaconk12.org

SC Means made from **Scratch** **SC**

BCSD FOOD SERVICE IS COMMITTED TO A PROGRESSION OF MORE SCRATCH BASED COOKING IN OUR SCHOOL MEALS.



Lunch Snack-n-Pack
(Grab a healthy Snack-n-Pack as a lunch alternative)



DAY

SNACK-N-PACK ITEMS

(CHOOSE YOUR FRUIT, VEGETABLES & MILK CHOICES FROM THE SERVICE LINE)

****PLEASE NOTE THAT THERE WILL BE NO SNACK-N-PACKS ON MONDAYS & FRIDAYS****

Pizza TUESDAY

Build Your Own Pizza (BYO) - Flat Bread, Sauce, Cheese & Pepperoni

Nacho WEDNESDAY

Tostitos Scoops • Nacho Cheese Cup • Yogurt • Cheese Stick

THURSDAY

Sunflower Seeds • Yogurt • Benefit Bar