



**BEACON  
HIGH SCHOOL  
BREAKFAST & LUNCH  
MENUS  
March 2019**

**BEACON CITY SCHOOL DISTRICT  
FOOD SERVICES DEPARTMENT**  
29 Education Drive, Beacon,  
NY12508  
Tel: 845-838-6900 ext. 2012 or 2021

## MEAL PRICES

|                            |               |
|----------------------------|---------------|
| <b>BREAKFAST</b>           | <b>\$1.65</b> |
| <b>LUNCH</b>               | <b>\$3.05</b> |
| <b>MILK</b>                | <b>\$0.60</b> |
| <b>REDUCED PRICE MEALS</b> | <b>\$0.25</b> |

You may prepay on-line at [myschoolbucks.com](http://myschoolbucks.com)

## AVAILABLE DAILY

(\*Please note all Menus are subject to change\*)

**BREAKFAST:** Choice of Assorted Cold Cereal, Cereal Bars, Muffins, Bagels, Graham crackers and/or Yogurt are offered daily as alternative selections to the featured Breakfast menu. For a complete meal students must take a fruit (fresh or canned fruit) and/or 100% Fruit juice plus 1 or 2 oz. Grain equivalent and/or 8 oz. Milk (Fat Free (FF) & 1%).

**LUNCH:** Stations available daily include Chopped Entrée Salad, Assorted Panini Sandwich, Pizza & made to order Deli Sandwiches. Tossed veggie Salad & Vegetable of the Day are available at all stations. For a complete meal students must take ½ cup of fruit or veg plus 2 other complete components of Grain, meat/meat alternate and/or 8 oz. Milk (FF, 1% & FF Chocolate & Strawberry).

**Monday, Mar. 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, Mar. 5**

### BREAKFAST

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

### LUNCH

Pizza Stromboli  
Tomato Mozz. Basil Salad  
OR  
One of the Meal Items available daily

**Wed., Mar. 6**

### BREAKFAST

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

### LUNCH

Grilled Cheese Sandwich **SC**  
Tuscan Kale & Bean Soup **SC**  
OR  
One of the Meal Items available daily

**Thursday, Mar. 7**

### BREAKFAST

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

### LUNCH

Meatball Hero w/Marinara  
Sauce **SC**  
Summer Squash Slaw **SC**  
OR  
One of the Meal Items available daily

**Friday, Mar. 8**



**NO SCHOOL**

## Vegetable of the Month



### Peas

Calories: 134 | Carbs: 76%  
| Fats: 2% | Protein: 22%

**SUPPORT  
YOUR LOCAL  
FARMERS**

**Monday, Mar. 11**

### BREAKFAST

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

### LUNCH

Chicken Patty on a WW Bun  
with Parmesan cheese  
Tomato sauce  
Garlicky Green Beans **SC**  
OR  
One of the Meal Items available daily

**Tuesday, Mar. 12**

### BREAKFAST

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

### LUNCH

Spaghetti w/Meat Sauce **SC**  
Bosco Cheese Stick  
Broccoli **SC**  
OR  
One of the Meal Items available daily

**Wed., Mar. 13**

### BREAKFAST

Yogurt Rainbow Parfait  
Fruit  
OR  
One of the Breakfast Items offered Daily

### LUNCH

Beef Taco **SC**  
Shredded Romaine Lettuce  
Pickled Red onions **SC**  
• Salsa  
Brown Rice Pilaf **SC**  
OR  
One of the Meal Items available daily

**Thursday, Mar. 14**

### BREAKFAST

Egg & Sausage on a  
WW Bun w/cheese • Fruit  
OR  
One of the Breakfast Items offered Daily

### LUNCH

French Toast Sticks WW  
Sausage Patty  
Irish Potatoes & Cabbage **SC**  
OR  
One of the Meal Items available daily

**Friday, Mar. 15**

### BREAKFAST

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

*Happy St. Patrick's Day*

### LUNCH

“YANGS” Orange Chicken **SC**  
**SC** Vegetable Egg Roll  
**SC** Broccoli  
Brown Rice  
OR Fish on a bun w/cheese  
OR  
One of the Meal Items available daily

*New Item of The month*

*Lemony Rice with Peas*

**THURSDAY, MAR. 21**

### 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/BeaconCitySchols>

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

**Monday, Mar. 18**

**BREAKFAST**

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

**LUNCH**

Boneless Chicken Wings  
Garlic Cheesy Bread **SC**  
Crinkle cut Sweet Potato  
OR  
One of the Meal Items available daily

**Tuesday, Mar. 19**

**BREAKFAST**

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

**LUNCH**

NY Tuesday Best Burger Ever

NY Local Beef Burger on a WG Bun w/cheese  
Raw red onions **SC**  
Crinkle Cut Fries  
Crunchy Pickles **SC**  
• Lettuce & tomatoes •

OR One of the Meal Items available daily

**Wed., Mar. 20**

**BREAKFAST**

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

**LUNCH**

Beef Nachos w/cheese **SC**  
Shredded Lettuce & Tomato  
Corn • Salsa  
OR  
One of the Meal Items available daily

**Thursday, Mar. 21**

**BREAKFAST**

Strawberry Banana Smoothie  
Fruit  
OR  
One of the Breakfast Items offered Daily

**LUNCH**

NY Thursdays Best Dog Ever

NY All Beef Frank  
WW Bread  
NY Push Cart Onions  
**NEW ITEM:**  
Lemony Rice w/Peas **SC**  
OR  
One of the Meal Items available daily

**Friday, Mar. 22**

**BREAKFAST**

Egg & Sausage on a WW Bun with cheese • Fruit  
OR  
One of the Breakfast Items offered Daily

**LUNCH**

Chicken & Cheese **SC**  
Quesadilla  
Tomato Soup **SC**  
Fish on a bun w/cheese  
OR  
One of the Meal Items available daily

**Monday, Mar. 25**

**BREAKFAST**

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

**LUNCH**

Popcorn Chicken  
Spiral Fries  
Confetti Veggie Pasta Salad **SC**  
OR  
One of the Meal Items available daily

**Tuesday, Mar. 26**

**BREAKFAST**

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

**LUNCH**

Waffles • Syrup  
Sausage Patty  
Oven Roasted Cubed Potatoes **SC**  
OR  
One of the Meal Items available daily

**Wed., Mar. 27**

**BREAKFAST**

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

**LUNCH**

Grilled Cheese S/wich **SC**  
Minestrone Soup w/spinach **SC**  
Lemony Kale Salad w/apples **SC**  
OR  
One of the Meal Items available daily

**Thursday, Mar. 28**

**BREAKFAST**

Egg & Sausage on a WW Bun with cheese • Fruit  
OR One of the Breakfast Items offered Daily

**LUNCH**

Turkey Taco **SC**  
• Salsa • Lettuce & Tomato  
• Brown Rice **SC**  
Tuscany Bean Salad **SC**  
OR  
One of the Meal Items available daily

**Friday, Mar. 29**

**BREAKFAST**

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

**LUNCH**

Chicken Pot Bowl w/Gravy **SC**  
French Bread WW  
Yellow Corn  
Fish on a Bun  
OR  
One of the Meal Items available daily

**STATEMENT**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.**



- Produced from Red Barn Provisions Local Ground Beef
- Processed in New York
- Warehousing and Distribution Available
- Uncured, clean label with beef, water & spices
- No Antibiotics or Hormones
- No Nitrates or Nitrites Added\*
- Small Farms, Small Processors, Big Flavor



**How to Build a Complete Lunch - Pick 3**  
Choose a cup of **FRESH/CANNED FRUIT** and/or **Two each 1/2 cups of VEGETABLES** plus at least **2 other Food Groups** including Milk select from 1%, Fat Free (FF) or FF Flavored.

**PANINI MENU**

|           |   |
|-----------|---|
| MONDAY    | MEATBALL PARMESAN * ITALIAN COMBO                     |
| TUESDAY   | PHILLY CHEESE STEAK * TURKEY & CHEDDAR                |
| WEDNESDAY | TOMATO MOZZARELLA BASIL * CHORISO SAUSAGE WITH CHDDAR |
| THURSDAY  | CHICKEN PARMESAN * HAM & SWISS                        |
| FRIDAY    | STEAK, ONION & PROVOLONE * ITALIAN COMBO              |

Meals include 8 oz. Milk (White, Fat Free, 1%), 100 % Fruit Juice or Canned or Fresh Fruit, VEGETABLE OF THE DAY & TOSSED SALAD  
\*\*\* ALL MENUS ARE SUBJECT TO CHANGE \*\*\*



**Specialty Pizza Schedule**

|           |                                      |
|-----------|--------------------------------------|
| MONDAY    | White Pizza with Spinach or Broccoli |
| TUESDAY   | Cheese or Pepperoni Pizza            |
| WEDNESDAY | Margherita Pizza                     |
| THURSDAY  | Cheese or Pepperoni Pizza            |
| FRIDAY    | Chicken Bacon Ranch                  |

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

**BCSD Food Service is committed to a progression of more scratch based cooking in our school meals.**