



**ELEMENTARY
SCHOOLS
BREAKFAST & LUNCH
MENUS
MARCH 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, 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 SC

TOP YOUR OWN SALAD

Pizza Stromboli
OR
One of the Meal Items available daily

Wed., Mar. 6

BREAKFAST

Oatmeal w/apples &
cinnamon • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH SC

Grilled cheese sandwich
Tuscan kale and bean soup
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

Pizzeria Style Pizza
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing **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

Farm to school tasting day

THURSDAY, MAR. 21

Lemony Rice with Peas

Monday, Mar. 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
Ultimate Waffle Cut Fries
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 SC

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

Wed., Mar. 13

BREAKFAST

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

LUNCH SC

Beef Taco 2 each
Shredded Romaine Lettuce
Salsa
Brown Rice Pilaf
OR
One of the Meal Items available daily

Thursday, Mar. 14

BREAKFAST

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

LUNCH

French Toast Sticks
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



LUNCH

Big Daddy Primo Pizza
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing **SC**
Cookie Whole grain
OR Fish on a Bun w/Cheese
OR One of the Meal Items available daily

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, Mar. 18

BREAKFAST

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

LUNCH

Chicken Nugget
WW Dinner Roll
Crinkle Cut Sweet Potato
BBQ Sauce/ Ketchup
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 SC

NY Tuesdays Best Burger Ever
NY Local Beef Burger on a WG Bun • School made Crunchy Pickles • Ketchup
OR
One of the Meal Items available daily

Wed., Mar. 20

BREAKFAST

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

LUNCH SC

TOP YOUR OWN SALAD

BEEF Nacho filling
Nacho chips
Cheese sauce
Black Bean Salad
OR
One of the Meal Items available daily

Thursday, Mar. 21

BREAKFAST

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

LUNCH SC

NY Thursdays Best Franks Ever
NY All Beef Frank • Onions • Ketchup • Yellow Mustard

TASTING:

Lemony Rice with Peas
OR
One of the Meal Items available daily

Friday, Mar. 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
Caesar Salad w/Dressing
OR Fish sticks
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 - COMBO MEAL

Popcorn Chicken
Smiles Fries
Cherry tomato & cucumber slices
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 • Pork or Chicken Sausage Patty • Oven roasted Cubed Potatoes
OR
One of the Meal Items available daily

Wed., Mar. 27

BREAKFAST

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

LUNCH SC

TOP YOUR OWN SALAD

Grilled Cheese Sandwich
Minestrone Soup w/spinach
OR
One of the Meal Items available daily

Thursday, Mar. 28

BREAKFAST

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

LUNCH SC

Turkey Taco
Brown Rice
Salsa
Confetti Corn Salad with peppers
OR
One of the Meal Items available daily

Friday, Mar. 29

BREAKFAST

Oatmeal w/peaches & cinnamon • Fruit
OR
One of the Breakfast Items offered Daily

LUNCH

Pizzeria Style Pizza
Crunchy Veggie cup
Caesar Salad w/Dressing
OR Fish on a bun w/cheese
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 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 <small>*(CHOOSE YOUR FRUIT, VEGETABLES & MILK CHOICES FROM THE SERVICE LINE)*</small>
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



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