



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

**ROMBOUT
MIDDLE SCHOOL
BREAKFAST & LUNCH
MENUS
MARCH 2019**

MEAL PRICES

BREAKFAST	\$1.65
LUNCH	\$3.05
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 or canned or fresh fruit.

LUNCH: Tossed romaine Salad with assorted veggies, Hero (Ham & Cheese, Salami & Cheese and Turkey)/Protein Salads (Ham, Turkey & Cheese), Chicken tenders, Cheese burger/Hamburger on a bun and Pizza are available daily as alternative lunch selections. 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

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 SC

Grilled cheese sandwich
Tuscan Kale & 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

Stuffed Crust Pizza (Cheese or Pepperoni)
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**

Monday, Mar. 11

BREAKFAST

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

LUNCH

Chicken Patty on a WW Bun with cheese
Waffle cut Fries
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 SC

Spaghetti w/ meat sauce
Bosco Cheese Stick
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 Lettuce & Diced Tomatoes
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,
Pork or Chicken 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 (Cheese or Pepperoni) **SC**
Crunchy Veggie cup **SC**
Caesar Salad w/Dressing
Cookie Whole grain
OR
One of the Meal Items available daily

MARCH 21

NEW ITEM

*Lemony Rice
with Peas
Give it a try!*

**VEGGIE SALAD
BAR & FRUIT
AVAILABLE
EVERYDAY AT
EVERY STATION**

Monday, Mar. 18

BREAKFAST

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

LUNCH

Chicken Nuggets
Crinkle cut sweet potato
WW Dinner Roll
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 w/cheese • Tasty Tots • Crunchy Pickles • 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 SC

Beef Nachos w/Cheese Salsa
Black Bean Salad
Brown Rice
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 Dog Ever
NY All Beef Frank on WG Bun
NY Push Cart Onions
NEW ITEM:
Lemony Rice w/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 (Cheese or Pepperoni)
Caesar Salad w/Dressing **SC**
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
WW Dinner Roll
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 **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 SC

Grilled Cheese Sandwich
Minestrone 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 Tacos
Salsa
Brown Rice
Confetti Corn Salad with peppers
OR
One of the Meal Items available daily

Friday, Mar. 29

BREAKFAST

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

LUNCH

Big Daddy Primo Pizza
Caesar Salad **SC**
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



RMS CAFETERIA INFO

ENTER THE CAFETERIA ON THE LEFT SIDE FOR:

Grab & Go Sandwiches:

Including Turkey, Ham, Tuna, Salami & Cheese

Finish your meal selection with a fresh veggie and fruit self-service salad bar.



ENTER THE CAFETERIA ON THE RIGHT SIDE FOR:

Hot meal of the day plus fresh veggie and fruit self-service salad bar.

Grab your milk and head to either cashier.

All menu options qualify for a meal.

SC Means made from Scratch **SC**

BCSD food service is committed to a progression of more scratch based cooking in our school meals.

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

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.