



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

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

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

(*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, April 29

BREAKFAST

Mini Breakfast Item • Fruit

LUNCH- COMBO MEAL

Popcorn Chicken
Confetti Veggie Pasta Salad
Garlicky Green Beans

Tuesday, April 30

BREAKFAST

Egg & Turkey Bacon on a
WW Bun w/Cheese • Fruit

LUNCH

Beef Taco (2) **SC**
Shredded Lettuce • Salsa
Brown Rice Pilaf **SC**

Wed., May 1

BREAKFAST

Muffin • Yogurt • Fruit

LUNCH

Waffles • Syrup • Sausage
Patty
• Oven Roasted Cubed
Potatoes **SC**

Thursday, May 2

BREAKFAST

Egg & Chicken Sausage on a
WW English Muffin • Fruit

LUNCH

Grilled Cheese Sandwich **SC**
• Taco Sot **SC**

Friday, May 3

BREAKFAST

Mini Breakfast Item • Fruit

LUNCH

Meatball Hero on
ww Sub **SC**
Rainbow Salad **SC**

Vegetable of the Month



Collards - Baby

1 cup | Cal: 49.4 | Carbs: 68%
| Fats: 12% | Protein: 20%

**SUPPORT
YOUR LOCAL
FARMERS**

Veggie of The month

Monday, May 6

BREAKFAST

Mini Breakfast Item • Fruit

LUNCH

Chicken Tenders •
Mozzarella Sticks • Crinkle
Cut Fries • Marinara Sauce

Tuesday, May 7

BREAKFAST

Egg & Turkey Bacon on a
WW Bun w/Cheese • Fruit

LUNCH SC

French Toast Sticks
Pork or Chicken Sausage
Patty
Hash Brown Patty

Wed., May 8

BREAKFAST

Muffin • Yogurt • Fruit

LUNCH

Roasted Lemon Chicken
Brown Rice Pilaf **SC**
Lemony Kale Salad
w/Apples **SC**

Thursday, May 9

BREAKFAST

Egg & Sausage on a
WW Bun w/cheese • Fruit

LUNCH

NY Thursdays Best Burger Ever
NY Local Beef Burger on
WG Kaiser • Cheese •
Raw red onions • Crinkle Cut
Fries • Crunchy Pickles **SC**
Lettuce & tomatoes •

Friday, May 10

BREAKFAST

Mini Breakfast Item • Fruit

LUNCH

Chicken Pot Bowl w/gravy
WG French Bread
• Corn
• Fish on a ww bun
w/cheese


THURSDAY, MAY 16

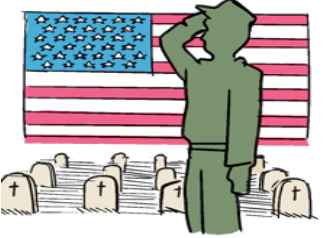
*Braided Greens &
Beans*

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

<p>Monday, May 13</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Fruit</p> <p>LUNCH</p> <p>Yangs Orange Chicken Brown Rice • Broccoli Brown Rice • Vegetable Egg Roll Fish on a ww bun w/cheese</p>	<p>Tuesday, May 14</p> <p>BREAKFAST</p> <p>Egg & Turkey Bacon on a ww Bun w/cheese • Fruit</p> <p>LUNCH</p> <p>Spaghetti w/Meat Sauce ^{SC} Bosco Cheese Stick Italiano Green Beans ^{SC}</p>	<p>Wednesday, May 15</p> <p>BREAKFAST</p> <p>Rainbow Yogurt Parfait • Fruit</p> <p>LUNCH</p> <p>Beef Nacho ^{SC} Nachos Chips • Cheese • Salsa • Corn • Shredded Lettuce</p>	<p>Thursday, May 16</p> <p>BREAKFAST</p> <p>Egg & Chicken Sausage on a ww Bun w/cheese • Fruit</p> <p>LUNCH</p> <p>NY Thursdays Best Dog Ever NY Push Cart All Natural Beef Dog • ww Bread NY Push Cart Classic Onions Lemony Rice w/Peas</p> <p>Veg of the Month BRAISED GREENS & BEANS</p>	<p>Friday, May 17</p> <p>BREAKFAST</p> <p>Breakfast Pastry • Fruit</p> <p>LUNCH</p> <p>Pasta w/Meat Sauce ^{SC} • Garlic Bread • Mixed Vegetables</p>
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<p>Monday, May 20</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Fruit</p> <p>LUNCH</p> <p>Boneless Chicken Wings Garlic Cheese Bread Crinkle Cut Sweet Potato</p>	<p>Tuesday, May 21</p> <p>BREAKFAST</p> <p>Egg & Turkey Bacon on a ww Bun w/cheese • Fruit</p> <p>LUNCH</p> <p>Chicken Baked Ziti ^{SC} Lemony Kale Salad w/apples ^{SC}</p>	<p>Wednesday, May 22</p> <p>BREAKFAST</p> <p>Muffin • Yogurt • Fruit</p> <p>LUNCH</p> <p>TOP YOUR OWN SALAD Beef Taco (2) ^{SC} Salsa • Lettuce & Tomato • Spanish Rice ^{SC}</p>	<p>Thursday, May 23</p> <p>BREAKFAST</p> <p>Strawberry Banana Smoothie • Fruit</p> <p>LUNCH</p> <p>Waffles • Syrup • Sausage Patty Oven Roasted Cubed Potatoes ^{SC}</p>	<p>Friday, May 24</p> <p>NO SCHOOL MEMORIAL DAY RECESS</p> 
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<p>Monday, May 27</p>  <p>MEMORIAL DAY</p>	<p>Tuesday, May 28</p> <p>NO SCHOOL GIVE BACK DAY</p>	<p>Wednesday, May 29</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Fruit</p> <p>LUNCH</p> <p>Popcorn Chicken • Spiral Fries ^{SC} • Confetti Veggie Pasta salad ^{SC}</p>	<p>Thursday, May 30</p> <p>BREAKFAST</p> <p>Egg & Turkey Bacon on a ww Bun w/cheese • Fruit</p> <p>LUNCH</p> <p>Chicken Fajita Rice Bowl</p>	<p>Friday, May 31</p> <p>BREAKFAST</p> <p>Muffin • Yogurt • Fruit</p> <p>LUNCH</p> <p>Chicken & Cheese Quesadilla ^{SC} Tomato Soup ^{SC} Fish on a ww bun w/cheese</p>
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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.

STATEMENT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

SNACKS

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

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.**