

BEACON CITY SCHOOL DISTRICT FOOD SERVICES DEPARTMENT 29 Education Drive, Beacon, NY12508-3994

Tel: 845-838-6900 ext. 2012 or 2021



BEACON HIGH SCHOOL BREAKFAST & LUNCH MENUS September 2019

MEAL PRICES

BREAKFAST \$1.75 \$3.10 LUNCH **MILK** \$0.60

REDUCED PRICE MEALS

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. 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, Sept 2



Tuesday, Sept 3

PROFESSIONAL

COMMUNITY

LEARNING

DAY NO SCHOOL Wed., Sept. 4

PROFESSIONAL

COMMUNITY

LEARNING

DAY NO SCHOOL Thursday, Sept. 5

FREE



BREAKFAST

Mini Breakfast Item ● Fruit

LUNCH

WG Waffle

- Sausage Patty
- Oval Hash Brown Pattv

Friday, Sept. 6

BREAKFAST

Egg & Sausage Patty on a WW Bun w/Cheese ● Fruit

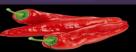
LUNCH

Chicken & Cheese Quesadilla

- School Made Salsa SC
 - Brown Rice Pilaf

Friday, Sept. 13

Vegetable of the Month



PFPPFRS

Calories: 105 KJ | Carbs: 78% | Fats: 3% | Protein: 19%

NY THURSDAYS

We celebrate NY foods with NY Thursday - menu on September 26th Local Beef Burgers - nothing added Just beef Also serving local veggies in our veg of the month tasting:

PEPPERS Sept. 19th

SUPPORT YOUR LOCAL **FARMERS** Buy school lunch on

NY Thursdays.

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

Monday, Sept. 9

BREAKFAST

Mini Breakfast Item ●Fruit

LUNCH COMBO MEAL

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

Tuesday, Sept. 10

BREAKFAST

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

LUNCH

Turkey Taco SD

- Shredded Cheddar Cheese
 - Salsa
 - Lettuce & Tomato
 - Brown Rice Pilaf

Wed., Sept. 11

BREAKFAST

Muffin (assorted) ● Fruit

LUNCH

Meatball Hero on WW Sub

- Shredded Mozzarella Cheese
 - Rainbow Salad SD

Thursday, Sept. 12

BREAKFAST

Egg & Chicken Sausage Patty on a WW English Muffin

Fruit

LUNCH

BBQ Roasted Chicken

- Cole Slaw SD
- Dinner Roll (WW)

BREAKFAST

Breakfast Pastry ● Fruit

LUNCH

Chicken Potato Bowl w/Gravv

- WG Bread
 - Corn

Thursday, Sept. 19 Monday, Sept. 16 Tuesday, Sept. 17 Wednesday, Sept. 18 Friday, Sept. 20 BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST Mini Breakfast Item ● Yogurt | Egg & Turkey Bacon on a WW Mini Breakfast Item • Fruit Muffin ● Yogurt ● Fruit Yogurt Parfait w/Grahams • Fruit Bun w/cheese ● Fruit • Fruit LUNCH LUNCH LUNCH LUNCH SD Nachos with Ground Beef LUNCH • Cheese Sauce Chicken Fajita Rice Bowl Spaghetti w/Meat Sauce SD Chicken Patty Breast on SC Black Bean Salad • Chunky Veggie cups SE Bosco Cheese Stick WW bun French Toast Sticks Brown Rice Broccoli • Parmesan Grated Cheese Chicken Sausage Patty • Tomato Sauce Oval Hash Brown Patty SC FARM TO SCHOOL TASTING DAY Ultimate Waffle Cut Fries FRESH SALSA w/Local Peppers Garlicky Green Beans Wednesday, Sept. 25 Monday, Sept. 23 Tuesday, Sept. 24 Thursday, Sept. 26 Friday, Sept. 27 **BREAKFAST** BREAKFAST BREAKFAST **BREAKFAST** BREAKFAST Egg & Chicken Sausage on a WW Mini Breakfast Item ● Fruit **English Muffin** Egg & Turkey Bacon on a WW Muffin ● Yogurt ● Fruit Rainbow Yogurt Parfait Bun w/cheese ● Fruit LUNCH Fruit LUNCH LUNCH NY Thursdays Best Burger Ever LUNCH YANGS Orange Chicken LUNCH NY Local Beef Burger Beef Taco (2) SP Mozzarella French Bread Brown Rice on WW Kaiser Big Daddy Primo Pizza Salsa Dunkers Broccoli Lettuce & tomato (Cheese or Pepperoni) • Marinara Sauce Spanish Rice Red Onion Caesar Salad w/Dressing SG • Lemony Kale Salad SB • Lettuce & Tomato • Crunchy Pickles w/Apples Crinkle Cut Ovation Fries Septembe



Means made from Scratch

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.**

FREE & REDUCED

PRICED MEAL

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

How to Build a Complete Lunch - Pich 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.

SNACKS

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