



**BEACON
HIGH SCHOOL
BREAKFAST &
LUNCH MENUS
September 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	\$1.75
LUNCH	\$3.10
MILK	\$0.60
REDUCED PRICE MEALS	FREE

**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



BREAKFAST
Mini Breakfast Item • Fruit

LUNCH
WG Waffle
• Sausage Patty
• Oval Hash Brown Patty

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

Vegetable of the Month



PEPPERS

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.

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 **SC**
• 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 **SC**

Thursday, Sept. 12

BREAKFAST
Egg & Chicken Sausage Patty on a WW English Muffin • Fruit

LUNCH
SC BBQ Roasted Chicken
• Cole Slaw **SC**
• Dinner Roll (WW)

Friday, Sept. 13

BREAKFAST
Breakfast Pastry • Fruit

LUNCH
Chicken Potato Bowl w/Gravy
• WG Bread
• Corn

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.

<p>Monday, Sept. 16</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Yogurt • Fruit</p> <p>LUNCH</p> <p>Chicken Patty Breast on WW bun</p> <ul style="list-style-type: none"> • Parmesan Grated Cheese • Tomato Sauce • Ultimate Waffle Cut Fries • Garlicky Green Beans 	<p>Tuesday, Sept. 17</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</p> <ul style="list-style-type: none"> • Bosco Cheese Stick • Broccoli 	<p>Wednesday, Sept. 18</p> <p>BREAKFAST</p> <p>Yogurt Parfait w/Grahams • Fruit</p> <p>LUNCH</p> <p>French Toast Sticks</p> <ul style="list-style-type: none"> • Chicken Sausage Patty • Oval Hash Brown Patty 	<p>Thursday, Sept. 19</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Fruit</p> <p>LUNCH</p> <p>SC Nachos with Ground Beef</p> <ul style="list-style-type: none"> • Cheese Sauce SC Black Bean Salad • Brown Rice <p>SC FARM TO SCHOOL TASTING DAY</p> <p>FRESH SALSA w/Local Peppers</p>	<p>Friday, Sept. 20</p> <p>BREAKFAST</p> <p>Muffin • Yogurt • Fruit</p> <p>LUNCH</p> <p>Chicken Fajita Rice Bowl</p> <ul style="list-style-type: none"> • Chunky Veggie cups SC
---	--	--	---	---

<p>Monday, Sept. 23</p> <p>BREAKFAST</p> <p>Mini Breakfast Item • Fruit</p> <p>LUNCH</p> <p>YANGS Orange Chicken</p> <ul style="list-style-type: none"> • Brown Rice • Broccoli 	<p>Tuesday, Sept. 24</p> <p>BREAKFAST</p> <p>Egg & Turkey Bacon on a WW Bun w/cheese • Fruit</p> <p>LUNCH</p> <p>Beef Taco (2) SC</p> <ul style="list-style-type: none"> • Salsa • Spanish Rice • Lettuce & Tomato 	<p>Wednesday, Sept. 25</p> <p>BREAKFAST</p> <p>Muffin • Yogurt • Fruit</p> <p>LUNCH</p> <p>Mozzarella French Bread Dunkers</p> <ul style="list-style-type: none"> • Marinara Sauce • Lemony Kale Salad SC w/Apples 	<p>Thursday, Sept. 26</p> <p>BREAKFAST</p> <p>Egg & Chicken Sausage on a WW English Muffin</p> <p>LUNCH</p> <p>NY Thursdays Best Burger Ever</p> <p>NY Local Beef Burger on WW Kaiser</p> <ul style="list-style-type: none"> • Lettuce & tomato • Red Onion • Crunchy Pickles SC • Crinkle Cut Ovation Fries 	<p>Friday, Sept. 27</p> <p>BREAKFAST</p> <p>Rainbow Yogurt Parfait • Fruit</p> <p>LUNCH</p> <p>Big Daddy Primo Pizza (Cheese or Pepperoni)</p> <ul style="list-style-type: none"> • Caesar Salad w/Dressing SC
---	--	---	---	--

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 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 1/2 cups of VEGETABLES** plus at least **2 other Food Groups** including **Milk** select from 1%, Fat Free (FF) or FF Flavored.

PANINI'S
ASIAN BOWL

DELI STATION

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

BCSD FOOD SERVICE IS COMMITTED TO A PROGRESSION OF MORE SCRATCH BASED COOKING IN OUR SCHOOL MEALS.



SNACKS

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