



**ELEMENTARY  
SCHOOLS  
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	\$1.60
LUNCH	\$2.90
MILK	\$0.60
REDUCED PRICE MEALS	FREE

**You may prepay on-line  
at [myschoolbucks.com](http://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  
• Chicken or Pork Sausage Patty  
• Hash brown

Friday, Sept. 6

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

**LUNCH**  
Big Daddy Primo Pizza (Cheese or Pepperoni)  
• Watermelon Chunks  
• Pepper Strips w/dip

## 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 26<sup>th</sup> Local Beef Burgers - nothing added Just beef Also serving local veggies in our veg of the month tasting: **PEPPERS on 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/BeaconCitySchools> 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 **SC**  
• Shredded Cheddar Cheese  
• Salsa  
• Lettuce & Tomato  
• Brown Rice

Wed., Sept. 11

**BREAKFAST**  
Muffin • Fruit

**LUNCH**  
**TOP YOUR OWN SALAD**  
All Beef Meatball  
• Shredded Mozzarella Cheese  
• Marinara Sauce  
• WW Kaiser

Thursday, Sept. 12

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

**LUNCH**  
**SC** Lemon Herb Roasted Chicken  
• Garlic Mashed Potatoes  
• WW Dinner Roll

Friday, Sept. 13

**BREAKFAST**  
Breakfast Pastry • Fruit

**LUNCH**  
Pizzeria Style Pizza  
• Crunchy Veggie Cup **SC**  
• Caesar Salad **SC**

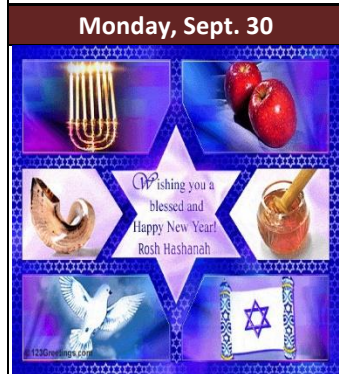
<p>Monday, Sept. 16</p> <p><b>BREAKFAST</b></p> <p>Mini Breakfast Item • Yogurt • Fruit</p> <p><b>LUNCH</b></p> <p>Chicken Patty on WW bun  <b>SC</b> • American Cheese • Garlicky Green Beans • Ultimate Waffle Cut Fries</p>	<p>Tuesday, Sept. 17</p> <p><b>BREAKFAST</b></p> <p>Egg &amp; Turkey Bacon on a WW Bun w/cheese • Fruit</p> <p><b>LUNCH</b></p> <p>Spaghetti w/Meat Sauce <b>SC</b>          • Garlic Bread • Tomato Mozzarella Basil Salad <b>SC</b></p>	<p>Wednesday, Sept. 18</p> <p><b>BREAKFAST</b></p> <p>Yogurt Parfait w/Grahams • Fruit</p> <p><b>LUNCH</b></p> <p>French Toast Sticks • Chicken or Pork Sausage Patty • Oval Hash brown Patty</p>	<p>Thursday, Sept. 19</p> <p><b>BREAKFAST</b></p> <p>Mini Breakfast Item • Fruit</p> <p><b>LUNCH</b></p> <p><b>SC</b> Nachos with Ground Beef • Nacho Cheese Sauce</p> <p><b>FARM TO SCHOOL TASTING DAY</b>  <b>SC</b> FRESH SALSA w/Local Peppers</p>	<p>Friday, Sept. 20</p> <p><b>BREAKFAST</b></p> <p>Muffin • Yogurt • Fruit</p> <p><b>LUNCH</b></p> <p>Stuffed Crust Pizza • Crunchy Veggie cups <b>SC</b> • Caesar Salad w/Dressing <b>SC</b></p>
<p>Monday, Sept. 23</p> <p><b>BREAKFAST</b></p> <p>Mini Breakfast Item • Fruit</p> <p><b>LUNCH</b></p> <p>YANGS Orange Chicken • Brown Rice • Broccoli</p>	<p>Tuesday, Sept. 24</p> <p><b>BREAKFAST</b></p> <p>Egg &amp; Turkey Bacon on a WW Bun w/cheese • Fruit</p> <p><b>LUNCH</b></p> <p><b>TOP YOUR OWN SALAD</b>          Beef Taco (2) <b>SC</b>          • Ultimate Cheese Sauce • Lettuce &amp; Tomato</p>	<p>Wednesday, Sept. 25</p> <p><b>BREAKFAST</b></p> <p>Muffin • Yogurt • Fruit</p> <p><b>LUNCH</b></p> <p>French Toast Sticks • Chicken or Pork Sausage Patty • Oval Hash brown Patty</p>	<p>Thursday, Sept. 26</p> <p><b>BREAKFAST</b></p> <p>Egg &amp; Chicken Sausage on a WW English Muffin</p> <p><b>LUNCH</b></p> <p>NY Thursdays Best Burger Ever          NY Local Beef Burger • Lettuce &amp; tomato • Crunchy Pickles <b>SC</b> • Tasty Tots</p>	<p>Friday, Sept. 27</p> <p><b>BREAKFAST</b></p> <p>Rainbow Yogurt Parfait • Fruit</p> <p><b>LUNCH</b></p> <p>Big Daddy Primo Pizza (Cheese or Pepperoni) • Crunchy Veggie cups <b>SC</b> • Caesar Salad w/Dressing <b>SC</b></p>

**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](http://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.

**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](http://www.myschoolbucks.com)

If you wish to restrict your child's account for snacks please send an email to [pagano.k@beaconk12.org](mailto: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 TUESDAYS, WEDNESDAYS & THURSDAYS**  
 (Grab A Healthy Snack-N-Pack As A Lunch Alternative)

DAY	SNACK-N-PACK ITEMS *(CHOOSE YOUR FRUIT, VEGETABLES & MILK CHOICES FROM THE SERVICE LINE)*
Pizza TUESDAY	Build Your Own Pizza (BYO) – Flat Bread, Sauce, Cheese & Pepperoni
Nacho WEDNESDAY	Tostitos Scoops • Nacho Cheese Cup • Yogurt • Cheese Stick
THURSDAY	Soft Pretzel • Nacho Cheese Sauce • Yogurt

