

JUNE 2021
GRADES 6-12
BMS/RHINEBECK HS

Meal Prices
Breakfast: No Charge **Reduced: No Charge**
Lunch: No Charge **Reduced: No Charge**
Hudson Valley Fresh Milk \$0.60

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|--|--|---|---|--|
| BREAKFAST : <i>Three Components Served Daily.</i> <i>Grain 1 oz.</i> <i>Fruit 1 cup</i> <i>Milk 8 oz.</i> <i>350-500 Calories</i> | *CHOOSE A MEAL* BREAKFAST | | | | | <i>DID YOU KNOW?</i> <i>MySchool-Bucks.com</i> makes meal payment convenient and simple! You can manage your student's account and make payments |
| | THREE CHOICES OFFERED EVERY DAY INCLUDE A GRAIN, FRUIT AND LOCAL MILK !!! CEREAL OF THE DAY BLUEBERRY MUFFIN UPSTATE FARMS YOGURT | | | | | |
| SANDWICH SHOP: <u>MONDAY</u> UN-GRILLED CHEESE <u>TUESDAY</u> TURKEY/CHEESE <u>WEDNESDAY</u> CHICKEN & CHEESE WRAP <u>THURSDAY</u> TURKEY <u>FRIDAY</u> EGG SALAD | *CHOOSE A MEAL* LUNCH | | | | | Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds. |
| | | 1 Turkey Club Sandwich Steamed Broccoli Diced Pears Milk | 2 Roast BBQ Chicken Breast, Graham Crackers Baked Beans Fresh NY Apple Milk | 3 Cheese Burger w/Bun Dill Pickles Sweet Potato Fries Peaches Milk | 4 Cheese Pizza Buttered Corn Applesauce Milk | |
| | 7 Turkey Club Sandwich Green Beans Applesauce Milk | 8 Chicken Drummie Graham Crackers Buttered Corn Peaches, Milk | 9 Cheese Pizza Fresh Greens Salad Fresh NY Apple Milk | 10 Grilled Cheese Baby Carrots Fruit Cocktail Milk | 11 Chicken Patty w/Bun Buttered Broccoli Diced Pears Milk | Questions, Comments Please call: Larry Anthony, FSD 845.758.2241 Ext. 38100 |
| SALADS GALORE! <u>MONDAY</u> VEGETARIAN VEGETABLE <u>TUESDAY</u> CHICKEN APPLE <u>WEDNESDAY</u> TURKEY/CHEESE <u>THURSDAY</u> CHEF SALAD <u>FRIDAY</u> CHICKEN CAESAR <i>All Salads include a Grain</i> | 14 Chicken/Cheese Quesadilla Refried Beans Fresh Pear, Milk | 15 Cheese Burger w/Bun Dill Pickles Sweet Potato Fries Fresh Peaches Milk | 16 French Toast Sticks Sweet Sausage Links Smiley Potato Fresh Grapes, Milk | 17 Chicken Tenders Corn Fruit Cocktail Milk | 18 BBQ Pork Sandwich Broccoli Fresh Bananas Milk | |
| | 21 Taquitos Refried Beans NY Apple Milk | 22 Chicken Nuggets BBQ Sauce Buttered Carrots Applesauce, Milk | 23 Twin Beef Tacos Black Bean/Corn Salsa Fruit Cocktail, Milk | 24 Cheese Burger w/Bun Dill Pickles Sweet Potato Fries Diced Peaches, Milk | 25 Fillet of Fish Sandwich Buttered Broccoli Juicy Pear Milk | WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities Available!!! |
| | Five Components Served Daily: Protein 2 oz. Whole Grains 1 oz. Vegetables 1/2 cup Fruit 1/2 cup Milk 8 oz. | If you are in need of a meal delivery, please email us at: meals@rhinebeckcsd.org Curbside pick up available everyday M-F at BMS 8:30-11:00am | | Every Day Vegetarian Option: Peanut Butter/Jelly or American Cheese Sandwich | Free and Reduced Lunch Applications are available in your school office and on the school web page. | |