

MAY 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 <small>(MEATLESS)</small>	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> MySchool-Bucks.com 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 <u>LOCAL</u> 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.
	3 Pizza Crunchers Baby Carrots Fresh Pear Milk	4 Mandarin Chicken Steamed Rice Broccoli Fresh Clementine Milk	5 Roast BBQ Chicken Breast, Graham Crackers Baked Beans Fresh NY Apple Milk	6 Cheese Burger w/Bun Dill Pickles Sweet Potato Fries Peaches Milk	7 Cheese Pizza Corn Applesauce Milk	
10 Bosco Breadstick Marinara Sauce Green Beans Applesauce, Milk	11 Chicken Drummie Graham Crackers Corn Peaches, Milk	12 Popcorn Chicken Mixed Vegetable NY Apple Milk	13 Taquitos Refried Beans Fruit Cocktail, Milk	14 Lasagna Roll-up Buttered Broccoli Diced Pears Milk	WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER . Employment Opportunities Available!!!	
17 Mozzarella Sticks Marinara Sauce Green Beans Juicy Pears Milk	18 Chicken Patty w/Bun Sweet Potato Fries Cling Peaches Milk	19 French Toast Sticks Sweet Sausage Links Smiley Potato Applesauce Milk	20 Chicken Tenders Corn Fruit Cocktail Milk	21 Grilled Cheese Sandwich Baby Carrots Strawberries Milk		Free and Reduced Lunch Applications are available in your school office and on the school web page.
24 Cheese Pizza Green Beans Applesauce Milk	25 Chicken Nuggets BBQ Sauce Buttered Carrots NY Apple, Milk	26 Beef Nachos Black Bean and Corn Salsa Fruit Cocktail, Milk	27 Asian Chicken Steamed Rice Buttered Broccoli Fresh Pear, Milk	28 Cheese Burger w/Bun Dill Pickles Sweet Potato Fries Peaches, Milk		
MONDAY VEGETARIAN VEGETABLE TUESDAY CHICKEN APPLE WEDNESDAY TURKEY/CHEESE THURSDAY CHEF SALAD FRIDAY CHICKEN CAESAR <i>All Salads include a Grain</i>	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.	