

Beekmantown Central School Districts

Cafeteria Staff

are here to serve your kids
delicious breakfast and lunch all
summer long!

***Convenient, Healthy, FREE
Meals.***

NO PAPER WORK NECESSARY

**You do not need to live in the district to
participate.**

2018 Summer Meals Sites

NEW LOCATION

**Cumberland Head Elementary School
1187 Cumberland Head Road
Plattsburgh, N.Y.**

**July 9th—August 17th
Monday—Friday
8:00 a.m.—12:00 pm**

Wednesday, Aug 1

Michigan / Hot Dog
on a Wheat Roll
Diced Onion
Baked Beans
Baked Potato Chips
Tossed Salad
Low Fat Dressing
Low Fat Milk

Thursday, Aug 2

Chicken Tenders
Macaroni and Cheese
Sliced Carrots
Chilled Pears
Tossed Salad
Low Fat Dressing
Low Fat Milk

Friday, Aug 3

Pizza
Pepperoni, Cheese or
4-Meat
Tossed Salad
Low Fat Dressing
Chilled Applesauce
Low Fat Milk

Monday, Aug 6

Soft Baked Pretzel
Cheese Sauce
Tossed Salad
Low Fat Dressing
Apple
Low Fat Milk

Tuesday, Aug 7

Deluxe Bacon
Cheeseburger on a
Wheat Roll
Lettuce/Tomato/Onion
/Pickles
Baked French Fries
Tossed Salad
Low Fat Dressing
Low Fat Milk

Wednesday, Aug 8

Turkey and Cheese on
a Wheat Roll
Lettuce/ Tomato
Baked Potato Chips
Tossed Salad
Low Fat Dressing
Low Fat Milk

Thursday, Aug 9

Chicken Nuggets
Oriental Rice
Sliced Carrots
Chilled Pears
Tossed Salad
Low Fat Dressing
Low Fat Milk

Friday, Aug 10

Pizza
Pepperoni, Cheese or
4-Meat
Tossed Salad
Low Fat Dressing
Chilled Applesauce
Low Fat Milk

**FOR LUNCH,
CHOOSE AT LEAST
3 ITEMS
TOTAL
FROM AT LEAST 3
DIFFERENT GROUPS**

BREAKFAST MENU

**Monday—Whole Grain French Toast Sticks
with Warm Syrup
Tuesday—Sausage Breakfast Pizza
Wednesday—Bacon, Egg and Cheese on a
Whole Grain Croissant
Thursday—French Toast Tornado
Friday—Raised Whole Grain Donut**

Fruits: Must choose ONE Fruit:
(Chilled Fruit, Fresh Fruit & Fruit Juice Available)
Chocolate Skim, Skim and 1% Milk Available

SUMMER MEALS! ALL KIDS EAT FREE!

BREAKFAST

Monday—Whole Grain French Toast Sticks with Warm Syrup

Tuesday—Sausage Breakfast Pizza

Wednesday—Bacon, Egg and Cheese on a Whole Grain Croissant

Thursday—French Toast Tornado

Friday—Raised Whole Grain Donut

Fruits: Must choose ONE Fruit:

(Chilled Fruit, Fresh Fruit & Fruit Juice Available)

Chocolate Skim, Skim and 1% Milk Available

No paperwork necessary. Must be 18 or under for free meals.

Please e-mail
Mrs. Roxann Barnes at
Barnes.roxann@bcsdk12.org
with questions.

Monday, Aug 12

Brunch for Lunch

French Toast
Sausage Patty
Potato Rounds
Fresh Fruit
Low Fat Milk

Tuesday, Aug 14

Chicken Patty on a
Wheat Roll
Lettuce / Tomato
Baked French Fries
Tossed Salad
Low Fat Dressing
Low Fat Milk

Wednesday, Aug 15

Michigan // Hot Dog
on a Wheat Roll
Diced Onion
Baked Beans
Baked Potato Chips
Tossed Salad
Low Fat Dressing
Low Fat Milk

Thursday, Aug 16

Chicken Tenders
Macaroni and Cheese
Sliced Carrots
Chilled Pears
Tossed Salad
Low Fat Dressing
Low Fat Milk

Friday, Aug 17

Pizza
Pepperoni, Cheese or
4-Meat
Tossed Salad
Low Fat Dressing
Chilled Applesauce
Low Fat Milk

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Beekmantown Central School District Food Service Summer Feeding Program