



WELCOME BACK!

Menus for September 2025

John F. Kennedy Elementary
Breakfast & Lunch Menu
Menu subject to change

BCSD is an equal opportunity provider & employer.

Vegetable of the Month

Peppers



AVAILABLE DAILY

Breakfast

Nutrigrain Bar, Cereal Bar,
Whole Grain Muffin,
Whole Grain Roll, Bagel or Cereal,
Fresh Fruit or Fruit Juice
& 1 Cup Serving Milk Variety

Alternate Lunch

Monday: Bagel Lunch:

Bagel, Cheese Stick, Yogurt

**Tuesday: Turkey Sandwich or
Baked Potato Meal**

Wednesday: Ham & Cheese Sandwich

**Thursday: Turkey Sandwich or
Baked Potato Meal**

Friday: Bagel Lunch:

Bagel, Cheese Stick, Yogurt

Offered Daily:

Grab & Go Salad Plate

Sunflower Butter & Jelly Sandwich

Offered Daily With All Meals:

Assorted Vegetables:

Garbanzo Beans,

Broccoli, Carrots,

Tomatoes, Cucumbers,

Tossed Green Salad, Corn

& Whole Grain Dinner Roll

& Assorted Fruit:

Fresh, Canned and Fruit Juice

& Milk Variety

*Made From Scratch

Monday, September 1



No School

Tuesday, September 2

Breakfast

Breakfast Pizza

Lunch

Perdue Dino Nuggets
Choice of Dipping Sauces
OR

Grilled Chicken on a Bun
Brown Rice, Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Wed., September 3

Breakfast

*Homemade Muffin

Lunch

Mozzarella Stuffed
Bread Sticks
Tomato Sauce for Dipping
Green Beans
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, September 4

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

*Rotini Pasta, Plain
*Tomato or Meat Sauce
Whole Wheat French Bread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Friday, September 5

Breakfast

Cinnamon Bun

Lunch

Pizza with Cheese or
Pepperoni Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, September 8

Breakfast

Cinnamon Bun

Lunch

Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice
Sliced Red & Green Peppers
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, September 9

Breakfast

Breakfast Pizza

Lunch

All Natural All Beef
Hot Dog on a Bun
Sauerkraut
Baked Beans
Assorted Canned/Fresh Fruit
Milk Variety

Wed., September 10

Breakfast

*Homemade Muffin

Lunch

*Rotini Pasta, Plain
*Tomato or Meat Sauce
Whole Wheat French Bread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, September 11

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

French Toast Bites
Maple Syrup
Sausage or String Cheese
Hash Browns
Carrot & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety

Friday, September 12

Breakfast

Cinnamon Bun

Lunch

Pizza with Cheese or
Pepperoni Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 15

Breakfast
Cinnamon Bun

Lunch
Perdue Dino Nuggets
Choice of Dipping Sauces
OR
Grilled Chicken on a Bun
Brown Rice, Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, September 16

Breakfast
Breakfast Pizza

Lunch
Pizza Bagel
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Wed., September 17

Breakfast
*Homemade Muffin

Lunch
*Oven Grilled
Cheese Sandwich
Oven Baked Fries
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, September 18

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
Snack Box
Soft Pretzel
Cheese Stick
Sunbutter Cup Dipper
Carrot Sticks
Apple Slices
Milk Variety

Friday, September 19

Breakfast
Cinnamon Bun

Lunch
Pizza with Cheese or
Pepperoni Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, September 22

Breakfast
Cinnamon Bun

Lunch
Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice, Green Beans
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, September 23

ROSH HASHANAH

School Closed

Wed., September 24

ROSH HASHANAH

School Closed

Thursday, September 25

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
*Macaroni & Cheese
Cornbread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Friday, September 26

Breakfast
Cinnamon Bun

Lunch
Pizza with Cheese or
Pepperoni Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 29

Breakfast
Cinnamon Bun

Lunch
Perdue Dino Nuggets
Choice of Dipping Sauces
OR Grilled Chicken on a Bun
Brown Rice
Sliced Red & Green Peppers
Assorted Canned & Fresh Fruit
Milk Variety
Salad Bar: Chicken Caesar
Salad Plate

Tuesday, September 30

Breakfast
Breakfast Pizza

Lunch
*Hamburger or
Cheeseburger on a Bun
Lettuce, Tomato
Oven Baked French Fries
Assorted Canned/Fresh Fruit
Milk Variety
Salad Bar: Chicken Caesar
Salad Plate

GOOD MORNINGS.



A child might go 14 hours between dinner and breakfast. And when kids "break" their long "fast" with a healthy morning meal, they pay better attention in school. Behave better. Participate more. Perform better in the classroom. And even score higher on standardized tests. Make every morning good with breakfast!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Free School Meals Are Here For Brewster!!!

Free & Reduced Applications Are No Longer Needed.

ALL Brewster Students are eligible for school breakfast & lunch each day at no cost to families!

A La Carte & Snacks Will Still Be Available at Regular Prices.

Any Questions Contact:
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Or call 845-279-3702 ext. 2125