

Vegetable Of The Month Brussel Sprouts



Monday, November 3

Breakfast

Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll

Lunch

Chicken Sliders Special Sauce Tater Tots, Cole Slaw Assorted Canned/Fresh Fruit Milk Variety

Tuesday, November 4

Superintendent's Conference Day

No Lunch

Parent/Teacher Conferences

School Closed

Wednesday, November 5

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

Lunch

*Twisted Pasta
with Meat Sauce
WW Garlic Bread
NY Roasted Brussel Sprouts
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, November 6

Breakfast

*Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll

Lunch

*Hamburger or
Cheeseburger on a Bun
Lettuce, Tomato, Pickles
Oven Baked French Fries
Assorted Canned/Fresh Fruit
Milk Variety

Friday, November 7

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

Mozzarella Stuffed Breadsticks *Tomato Sauce for Dipping Seasoned Broccoli Assorted Canned/Fresh Fruit Milk Variety

SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

Monday, November 10

Breakfast

Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

BBQ or
Buffalo Chicken Wings
Blue Cheese or Ranch Dip
Carrot & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety
SERVED DAILY: Pizza &
Chicken Cutlet on a Bun

Tuesday, November II



Veteran's Day No School Today

Wednesday, November 12

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

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

Thursday, November 13

Breakfast

*Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

*Nacho Platter
Seasoned Beef/Cheese Sauce
Lettuce/Tomato/Salsa/Sour
Cream over Nacho Chips
Assorted Canned/Fresh Fruit
Milk Variety

Friday, November 14

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

AVAILABLE DAILY

Breakfast

Nutrigrain Bar, Cereal Bar,
Whole Grain Muffin,
Whole Grain Roll, Bagel or Cereal,
Bacon, Egg, Cheese on a Roll
Fresh Fruit or Fruit Juice
& 1 Cup Serving Milk Variety
LUNCH

Served Daily

Big Daddy Pizza Chicken Cutlet on a Bun Additional Lunch Choices Deli Bar:

Offering Assorted Breads/ Meats/Cheese/Veggies

Available Daily:
Grab & Go Salad Plate
Sunflower Butter & Jelly Sandwich

Offered Daily With All Meals Whole Grain Bread or Roll Assorted Fruit:

Fresh, Canned and Fruit Juice
And

Assorted Vegetables: Garbanzo Beans, Broccoli Florets, Carrots, Tomatoes, Cucumbers, Corn, Green Lettuce

And Milk Variety
*Made From Scratch





NUTRITION 7030

If your family wants to eat healthier, don't try to do too much all at once. Start slow and make changes over time. For instance, make an effort to eat fish (unbreaded) once or twice every week. Fish is typically lower in fat than other meats, and even higher-fat types of fish like salmon are sources of healthy omega-3 fatty acids.

A TASTY MORSEL FOR PARENTS

Monday, November 17

Breakfast

Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll

Lunch

A Basket of Mozzarella Sticks Chicken Tenders and French Fries Assorted Canned/Fresh Fruit Milk Variety

Tuesday, November 18

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

*Tacos
Hard or Soft Shell
Seasoned Beef/Lettice/
Tomato/Shredded Cheese/
Salsa/Spanish Rice
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, November 19

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

Lunch

Thursday, November 20

Breakfast

*Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u> *Thanksgiving Feast

Turkey, Stuffing, Gravy, Mashed Potatoes, Corn, Sweet Potato NY Grown Apple Crisp Milk Variety

Friday, November 21

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

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: dpalmiero@brewsterschools.org Or call 845-279-3702 ext. 2125

SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

Monday, November 24

Breakfast

Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll

<u>Lunch</u>

Baked Potato Bar
Chili/ Bacon Bits/Cheddar
Cheese/Sour Cream
Dinner Roll OR
NY Double Dog
Assorted Canned/Fresh Fruit
Milk Variety
SERVEDAILY: Pizza & Chicken
Cutlet on a Bun

Tuesday, November 25

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

Lunch

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety
SERVEDAILY: Pizza & Chicken
Cutlet on a Bun

Wednesday, November 26

Breakfast

*Homemade Muffin OR *Bacon, Egg, Cheese on a Roll

No Lunch

Early Dismissal

