

# 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: Salami & Cheese  
Sandwich**  
**Tuesday: Ham & Cheese Sandwich  
or Baked Potato Meal**  
**Wednesday: Bagel Lunch:  
Bagel, Cheese Stick & Yogurt**  
**Thursday: Turkey Sandwich or  
Baked Potato Meal**  
**Friday: Italian Combo**

## 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**

# Menus For January 2026

**Henry H. Wells  
Breakfast & Lunch Menu  
Menu subject to change**

BCSD is an equal opportunity provider & employer.



Thursday, January 1

**HOLIDAY RECESS**

**School Closed**

Friday, January 2

**HOLIDAY RECESS**

**School Closed**

Monday, January 5

## Breakfast

\*Homemade Muffin

## 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, January 6

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

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

Wednesday, January 7

## Breakfast

\*Homemade Muffin

## Lunch

\*Twisted Pasta Plain or  
\*Tomato or Meat Sauce,  
\*Cauliflower  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, January 8

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

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

Friday, January 9

## Breakfast

Cinnamon Bun

## Lunch

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

**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**

Monday, January 12

## Breakfast

\*Homemade Muffin

## Lunch

Breaded Chicken Cutlet  
on a Bun OR  
Grilled Chicken on a Bun  
Lettuce & Tomato Cup  
Assorted Canned/Fresh Fruit  
Milk Variety

Tuesday, January 13

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

\*Rotini Pasta Plain or  
\*Tomato or Meat Sauce  
Bite Size Broccoli  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Wednesday, January 14

## Breakfast

\*Homemade Muffin

## Lunch

BBQ Pork Rib Sandwich  
Smiley Fries  
Cole Slaw  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, January 15

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

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

Friday, January 16

## 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, January 19

MLK Holiday  
School Closed



Tuesday, January 20

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Copy Cat KFC Bowl  
Crunchy Popcorn Chicken  
Mashed Potatoes  
Sweet Corn, Gravy  
Assorted Canned/Fresh Fruit  
Milk Variety

Wednesday, January 21

**Breakfast**

\*Homemade Muffin

**Lunch**

\*Homemade  
French Bread Pizza  
Caesar Salad  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, January 22

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Friday, January 23

**Breakfast**

Cinnamon Bun

**Lunch**

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

**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**

Monday, January 26

**Breakfast**

\*Homemade Muffin

**Lunch**

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

Tuesday, January 27

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Eggo Pancakes Syrup  
Sausage or String Cheese  
Carrot & Celery Sticks  
Assorted Canned/Fresh Fruit  
Milk Variety

Wednesday, January 28

**Breakfast**

\*Homemade Muffin

**Lunch**

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

Thursday, January 29

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

**New York Thursday**  
\*Wacky Mac Plain or  
\*New York Meatballs  
NY Bite Size Broccoli  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, January 30

**Breakfast**

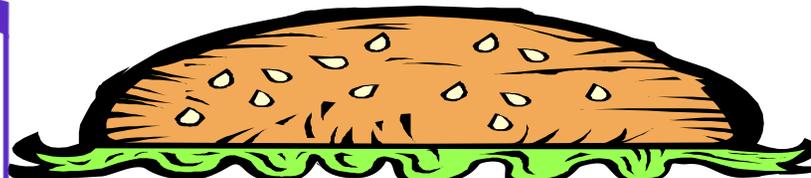
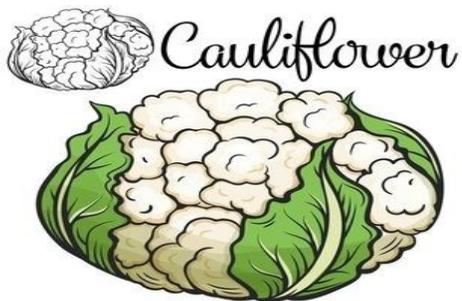
Cinnamon Bun

**Lunch**

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

**SALAD BAR FEATURING Grab & Go Chef Salad Plate**

Vegetable Of The Month



**NUTRITION TO GO**

A lot of kids don't get enough calcium, and milk is an excellent source of this much-needed nutrient. But milk can also be loaded with saturated fat. To get all of the calcium and hardly any of the artery-clogging fat, choose 1% or fat-free milk. That's a simple way to cut fat out of your family's diet!

**A TASTY MORSEL FOR PARENTS**

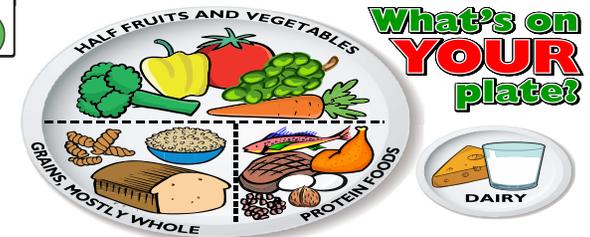
Free School Meals Are Here For Brewster!!!

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



What kind of key opens a banana?

It's obvious -- a MON-KEY, of course! But, really, all of us should be opening bananas! They're loaded with potassium and lots of other stuff that's good for us. And we're not monkeying around about that!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)