

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

Menus For January 2026

Brewster High School 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

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

Lunch

Chicken Quesadilla
Nacho Chips & Salsa
Sour Cream
Black Bean & Corn Salad
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, January 6

Breakfast

French Toast Sticks OR
*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

Wednesday, January 7

Breakfast

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

Lunch

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

Thursday, January 8

Breakfast

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

Lunch

Mandarin Orange Chicken
Vegetable Eggroll
Vegetable Fried Rice
Pineapple Chunks
Milk Variety

Friday, January 9

Breakfast

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

Lunch

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, January 12

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, January 13

Breakfast

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

Lunch

*Bowtie Pasta
with Meat Sauce
WW Garlic Bread
Green Beans
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, January 14

Breakfast

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

Lunch

BBQ or
Buffalo Chicken Wings
Blue Cheese or Ranch Dip
Carrot & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, January 15

Breakfast

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

Lunch

NEW YORK THURSDAY
New York Beef Hamburger or
Cheeseburger on a Bun
Lettuce, Tomato, Pickles
New York Onion Rings
Assorted Canned/Fresh Fruit
Milk Variety

Friday, January 16

Breakfast

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

Lunch

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, January 19

MLK Holiday
School Closed



Tuesday, January 20

Breakfast

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

Lunch

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

Wednesday, January 21

Breakfast

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

Lunch

Chili Cheese Fries
Chili & Cheese Sauce
Served over Tater Tots
Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, January 22

Breakfast

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

Lunch

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

Friday, January 23

Breakfast

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

Lunch

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, January 26

Breakfast

Cinnamon Bun OR
*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

Tuesday, January 27

Breakfast

French Toast Sticks OR
*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

Wednesday, January 28

Breakfast

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

Lunch

*Twisted Pasta
with Meat Sauce
WW Garlic Bread
Green Beans
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, January 29

Breakfast

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

Lunch

NEW YORK THURSDAY
New York Beef Meatball
Parmesan Wedge
*Cauliflower
Assorted Canned/Fresh Fruit
Milk Variety

Friday, January 30

Breakfast

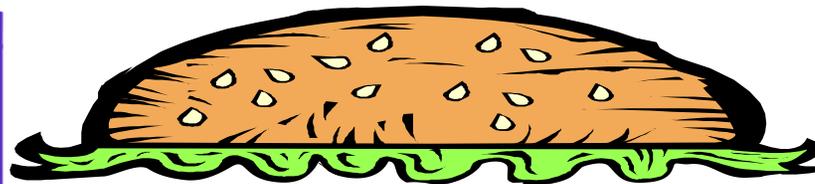
*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

Lunch

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

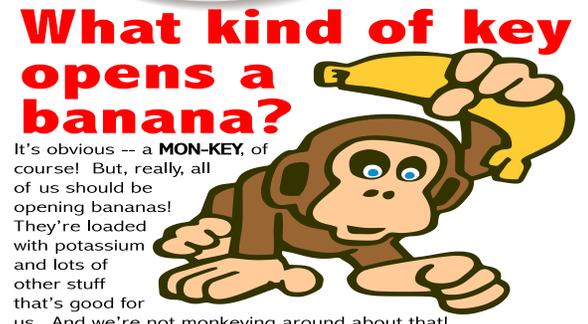
Vegetable Of The Month



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



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