

# 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**

# Menus For January 2026

**John F. Kennedy  
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

## 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

Breakfast Pizza

## Lunch

Pizza Bagel  
Caesar Salad  
Assorted Canned & Fresh Fruit  
Milk Variety

Wednesday, January 7

## Breakfast

\*Homemade Muffin

## Lunch

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

Thursday, January 8

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

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

Friday, January 9

## 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, January 12

## Breakfast

Cinnamon Bun

## Lunch

Breaded Chicken Tenders  
Choice of Dipping Sauces OR  
Grilled Chicken on a Bun  
Brown Rice  
\*Cauliflower  
Assorted Canned & Fresh Fruit  
Milk Variety

Tuesday, January 13

## Breakfast

Breakfast Pizza

## Lunch

\*Nachos  
Ground Beef  
Cheese Sauce  
Lettuce & Tomato  
Nacho Chips  
Assorted Canned/Fresh Fruit  
Milk Variety

Wednesday, January 14

## Breakfast

\*Homemade Muffin

## Lunch

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

Thursday, January 15

## Breakfast

\*Bacon, Egg, Cheese on a Roll

## Lunch

\*Oven Grilled  
Cheese Sandwich  
Oven Baked Fries  
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**

Breakfast Pizza

**Lunch**

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

Wednesday, January 21

**Breakfast**

\*Homemade Muffin

**Lunch**

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

Thursday, January 22

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Wacky Mac, Plain or  
\*Tomato or Meat Sauce,  
Broccoli  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, January 23

**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, January 26

**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, January 27

**Breakfast**

Breakfast Pizza

**Lunch**

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

Wednesday, January 28

**Breakfast**

\*Homemade Muffin

**Lunch**

\*Seashell Shaped Pasta  
\*Tomato or Meat Sauce,  
Green Beans  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, January 29

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Friday, January 30

**Breakfast**

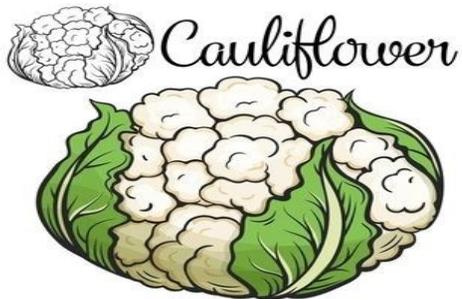
Cinnamon Bun

**Lunch**

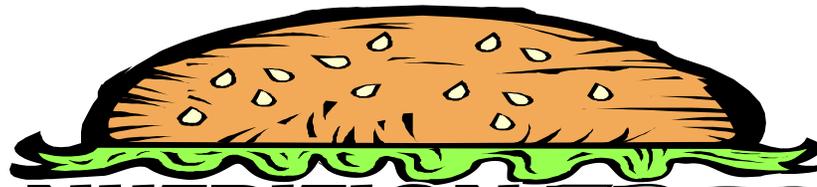
Pizza with Cheese or  
Pepperoni Topping  
Tossed Salad with  
Italian Dressing  
Fruit Juice  
Milk Variety

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

Vegetable Of The Month



Cauliflower



**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**

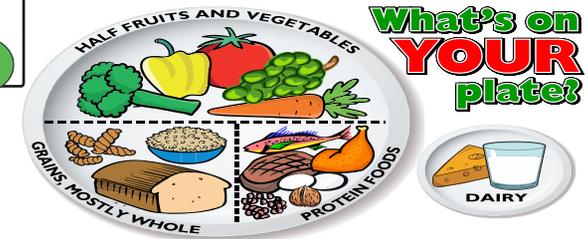
Free School Meals Are Here For Brewster!!!

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's on YOUR plate?

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)