

MENU FOR FEBRUARY 2026

Henry H. Wells
Breakfast & Lunch Menu

Menu subject to change

BCSD is an equal opportunity provider and employer.

Vegetable of the Month Sweet Potato



Available Daily

Monday, February 2

Breakfast
*Homemade Muffin

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

Tuesday, February 3

Breakfast
*Bacon, Egg, Cheese on a Roll

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

Wednesday, February 4

Breakfast
*Homemade Muffin

Lunch
Eggo Pancakes Syrup
Sausage or String Cheese
Carrot & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety
**PLC Day 2hr
Early Release**

Thursday, February 5

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
*Wacky Mac Plain or
*Tomato or Meat Sauce
Bite Size Broccoli
WW French Bread
Assorted Canned & Fresh Fruit
Milk Variety

Friday, February 6

Breakfast
Cinnamon Bun

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

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

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, February 9

Breakfast
*Homemade Muffin

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

Tuesday, February 10

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
Steamed Chicken and Vegetable Dumplings
Choice of Dipping Sauce
Stir Fry Vegetables
Eggroll, Pineapple
Fortune Cookie
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, February 11

Breakfast
*Homemade Muffin

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

Thursday, February 12

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, February 13

Breakfast
Cinnamon Bun

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

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**

SALAD BAR FEATURING Grab & Go Chef Salad Plate

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

Monday, February 16

Tuesday, February 17

Wednesday, February 18

Thursday, February 19

Friday, February 20



Monday, February 23

Tuesday, February 24

Wednesday, February 25

Thursday, February 26

Friday, February 27

Breakfast

*Homemade Muffin

Breakfast

*Bacon, Egg, Cheese on a Roll

Breakfast

*Homemade Muffin

Breakfast

*Bacon, Egg, Cheese on a Roll

Breakfast

Cinnamon Bun

Lunch

Breaded Chicken Tenders
Choice of Dipping Sauces
OR

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

Lunch

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

Lunch

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

Lunch

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

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

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

NUTRITION TO GO

For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they're more active, so they burn more calories.

A TASTY MORSEL FOR PARENTS