

# MENU FOR FEBRUARY 2026

Brewster High School  
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**  
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, February 3**

**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, February 4**

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

**Lunch**  
French Toast Sticks, Syrup  
Sausage or String Cheese  
Roasted Sweet Potatoes  
Assorted Canned/Fresh Fruit  
Milk Variety

**PLC Day 2hr  
Early Release**

**Thursday, February 5**

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

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

**Friday, February 6**

**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, February 9**

**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, February 10**

**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, February 11**

**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, February 12**

**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, February 13**

**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**

**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

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**

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

**Breakfast**

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

**Lunch**

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

**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

**Breakfast**

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

**Lunch**  
**New York Thursday**

\*Twisted Pasta  
with New York Meatballs  
WW Garlic Bread  
Green Beans  
Assorted Canned/Fresh Fruit  
Milk Variety

**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**

**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**