

MENU FOR FEBRUARY 2026

John F. Kennedy
Breakfast & Lunch Menu

Menu subject to change

BCSD is an equal opportunity provider and employer.

Vegetable of the Month Sweet Potato



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**

Monday, February 2

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

Tuesday, February 3

Breakfast
Breakfast Pizza

Lunch
*Nachos
Ground Beef
Cheese Sauce
Lettuce & Tomato
Nacho Chips
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,
Broccoli
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Friday, February 6

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, February 9

Breakfast
Cinnamon Bun

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 10

Breakfast
Breakfast Pizza

Lunch
Pizza Bagel
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Wednesday, February 11

Breakfast
*Homemade Muffin

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

Thursday, February 12

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
New York Thursday
Snack Box
Soft Pretzel
New York Cheese Stick
Sunbutter Cup Dipper
Carrot Sticks
New York Apple Slices
Milk Variety

Friday, February 13

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

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

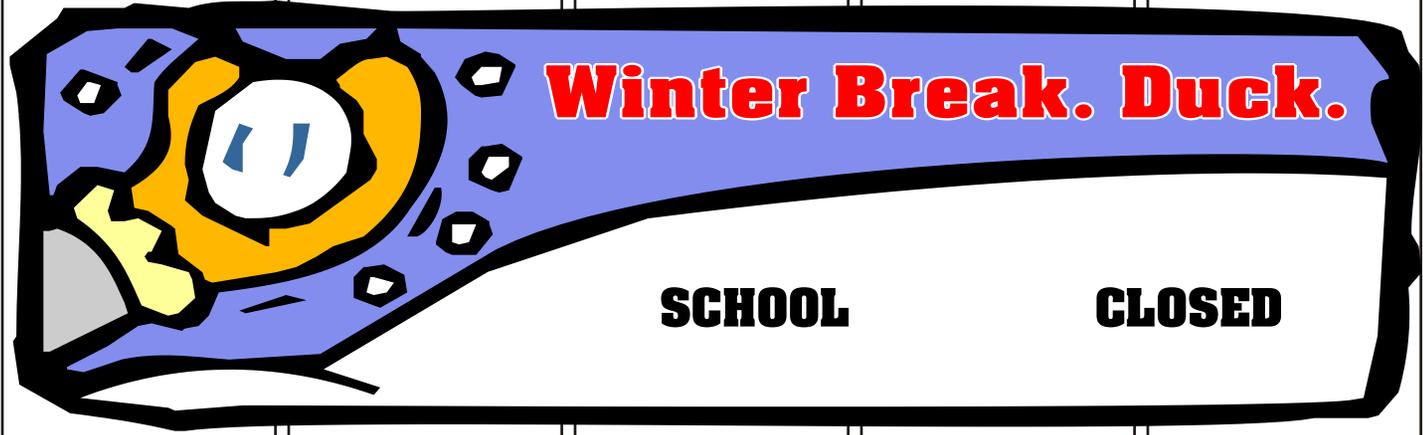
Monday, February 16

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

Breakfast
Breakfast Pizza

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

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

Lunch
New York Thursday
*NY Beef Hamburger or
Cheeseburger on a Bun
Lettuce, Tomato
Sweet Potato Fries
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