

# Menus for September 2026

## C.V. Starr Breakfast & Lunch Menu

BCSD is an equal opportunity provider & employer.

Menus are subject to change.



## Vegetable of the Month

### Peppers



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: 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**

**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, August 31

**Superintendent's Conference Day**

**No School**

Tuesday, September 1

**Superintendent's Conference Day**

**No School**

Wed., September 2

**Breakfast**

\*Homemade Muffin OR  
 Banana Split Parfait

**Lunch**

Whole Muscle White Meat  
 Chicken Nuggets  
 Choice of Dipping Sauces  
 Brown Rice, Baby Carrots  
 Assorted Canned & Fresh Fruit  
 Milk Variety

Thursday, September 3

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Friday, September 4

**Breakfast**

Cinnamon Bun OR  
 Yogurt Smoothie

**Lunch**

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

**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**

Tuesday, September 8

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Wed., September 9

**Breakfast**

\*Homemade Muffin OR  
 Banana Split Parfait

**Lunch**

Mozzarella Stuffed  
 Breadsticks  
 \*Tomato Sauce for Dipping  
 Green Beans  
 Assorted Canned & Fresh Fruit  
 Milk Variety

Thursday, September 10

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

**New York Thursday**  
 Snack Box  
 Soft Pretzel  
 New York Cheese Stick  
 New York Yogurt  
 Carrot Sticks  
 New York Apple Slices  
 Milk Variety

Friday, September 11

**Breakfast**

Cinnamon Bun OR  
 Yogurt Smoothie

**Lunch**

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

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



**HAPPY LABOR DAY!**

**NO SCHOOL MONDAY, SEPTEMBER 7**

Monday, September 14

**Breakfast**

\*Homemade Muffin

**Lunch**

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

Tuesday, September 15

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Wed., September 16

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

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

Thursday, September 17

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

**New York Thursday**

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

Friday, September 18

**Breakfast**

Cinnamon Bun OR  
Yogurt Smoothie

**Lunch**

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

**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**

Monday, September 21

**YOM KIPPUR**

**School Closed**

Tuesday, September 22

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

Wed., September 23

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

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

Thursday, September 24

**Breakfast**

\*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, September 25

**Breakfast**

Cinnamon Bun OR  
Yogurt Smoothie

**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, September 28

**Breakfast**

\*Homemade Muffin

**Lunch**

Breaded or Grilled  
Chicken Wrap  
Choice of Special Sauce  
Lettuce & Tomato  
Brown Rice  
Assorted Canned/Fresh Fruit  
Milk Variety

Tuesday, September 29

**Breakfast**

\*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

Wed., September 30

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

Breaded Mozzarella Sticks  
\*Tomato Sauce for Dipping  
Broccoli  
Assorted Canned & Fresh Fruit  
Milk Variety

**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**

**EAT YOUR WATER.**



Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

**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

**NUTRITION TO GO**

When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

**A TASTY MORSEL FOR PARENTS**