

Menus for September 2026

Brewster High School 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,
 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

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
 *Bacon, Egg, Cheese on a Roll
Lunch
 Pizza Party
 Tossed Salad
 Assorted Canned/Fresh Fruit
 Milk Variety

Thursday, September 3
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
 Oven Baked French Fries
 Assorted Canned/Fresh Fruit
 Milk Variety

Friday, September 4
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

HAPPY LABOR DAY!
 NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September 8
Breakfast
 French Toast Sticks OR
 *Bacon, Egg, Cheese on a Roll
Lunch
 *Oven Grilled
 Cheese Sandwich
 Oven Baked Fries
 Assorted Canned/Fresh Fruit
 Milk Variety

Wed., September 9
Breakfast
 *Homemade Muffin OR
 *Bacon, Egg, Cheese on a Roll
Lunch
 *Twisted Pasta
 with New York Meatballs
 WW Garlic Bread
 Green Beans
 Assorted Canned/Fresh Fruit
 Milk Variety

Thursday, September 10
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
 Oven Baked French Fries
 Assorted Canned/Fresh Fruit
 Milk Variety

Friday, September 11
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

<p>Monday, September 14</p> <p>Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch Breaded Chicken Cutlet on a Bun Special Sauce, Pickle Chip Lettuce & Tomato Cup Chips Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Tuesday, September 15</p> <p>Breakfast French Toast Sticks OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Wed., September 16</p> <p>Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Nacho Platter Seasoned Beef/Cheese Sauce Lettuce/Tomato/Salsa/Sour Cream over Nacho Chips Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Thursday, September 17</p> <p>Breakfast *Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll</p> <p>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</p>	<p>Friday, September 18</p> <p>Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch Mozzarella Stuffed Breadsticks *Tomato Sauce for Dipping Seasoned Broccoli Assorted Canned/Fresh Fruit Milk Variety</p>
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SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun


<p>Monday, September 21</p> <p>YOM KIPPUR</p> <p>School Closed</p>	<p>Tuesday, September 22</p> <p>Breakfast French Toast Sticks OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Wed., September 23</p> <p>Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Twisted Pasta with New York Meatballs WW Garlic Bread Green Beans Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Thursday, September 24</p> <p>Breakfast *Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll</p> <p>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</p>	<p>Friday, September 25</p> <p>Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch Mozzarella Stuffed Breadsticks *Tomato Sauce for Dipping Seasoned Broccoli Assorted Canned/Fresh Fruit Milk Variety</p>
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SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

<p>Monday, September 28</p> <p>Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch Breaded Chicken Cutlet on a Bun Special Sauce, Pickle Chip Lettuce & Tomato Cup Chips Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Tuesday, September 29</p> <p>Breakfast French Toast Sticks OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety</p>	<p>Wed., September 30</p> <p>Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll</p> <p>Lunch *Nacho Platter Seasoned Beef/Cheese Sauce Lettuce/Tomato/Salsa/Sour Cream over Nacho Chips Assorted Canned/Fresh Fruit Milk Variety</p>
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SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

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

