

# Menus for September 2026

## John F. Kennedy 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: 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, August 31**  
Superintendent's Conference Day  
  
No School

**Tuesday, September 1**  
Superintendent's Conference Day  
  
No School

**Wed., September 2**  
Breakfast  
 \*Homemade Muffin  
  
Lunch  
 Perdue Dino Nuggets  
 Choice of Dipping Sauces  
 OR  
 Grilled Chicken on a Bun  
 Brown Rice, Baby Carrots  
 Assorted Canned & Fresh Fruit  
 Milk Variety

**Thursday, September 3**  
Breakfast  
 \*Bacon, Egg, Cheese on a Roll  
  
Lunch  
 Beef Nachos  
 Ground Beef, Nacho Chips,  
 Cheese Sauce  
 Lettuce, Tomato  
 Assorted Canned & Fresh Fruit  
 Milk Variety

**Friday, September 4**  
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**

**HAPPY LABOR DAY!**  
 ★ NO SCHOOL MONDAY, SEPTEMBER 7 ★

**Tuesday, September 8**  
Breakfast  
 Breakfast Pizza  
  
Lunch  
 Breaded Chicken Tenders  
 Choice of Dipping Sauces OR  
 Grilled Chicken on a Bun  
 Brown Rice, Green Beans  
 Assorted Canned & Fresh Fruit  
 Milk Variety

**Wed., September 9**  
Breakfast  
 \*Homemade Muffin  
  
Lunch  
 \*Rotini Pasta, Plain  
 \*Tomato or Meat Sauce  
 Whole Wheat French Bread  
 Broccoli  
 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  
 Sunbutter Cup Dipper  
 Carrot Sticks  
 New York Apple Slices  
 Milk Variety

**Friday, September 11**  
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**

<b>Monday, September 14</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans Assorted Canned & Fresh Fruit Milk Variety	<b>Tuesday, September 15</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Breaded Mozzarella Sticks *Tomato Sauce for Dipping Broccoli Assorted Canned & Fresh Fruit Milk Variety	<b>Wed., September 16</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> *Baked Macaroni & Cheese Cornbread Rainbow Pepper Strips & Dip Assorted Canned & Fresh Fruit Milk Variety	<b>Thursday, September 17</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> <b>New York Thursday</b> *NY Beef Hamburger or Cheeseburger on a Bun Lettuce, Tomato Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety	<b>Friday, September 18</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety
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**SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate**


<b>Monday, September 21</b> <b>YOM KIPPUR</b>  <b>School Closed</b>	<b>Tuesday, September 22</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans Assorted Canned & Fresh Fruit Milk Variety	<b>Wed., September 23</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned & Fresh Fruit Milk Variety	<b>Thursday, September 24</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> *Wacky Mac, Plain or *Tomato or Meat Sauce, Broccoli WW French Bread Assorted Canned/Fresh Fruit Milk Variety	<b>Friday, September 25</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety
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**SALAD BAR FEATURING Grab & Go Chef Salad Plate**

<b>Monday, September 28</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety	<b>Tuesday, September 29</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> French Toast Bites Maple Syrup Sausage or String Cheese Hash Browns Carrot & Celery Sticks Assorted Canned/Fresh Fruit Milk Variety	<b>Wed., September 30</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> *Homemade Pizza Bagel Caesar Salad Assorted Canned & Fresh Fruit Milk Variety
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**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**