

Menus for September 2026

Henry H. Wells 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

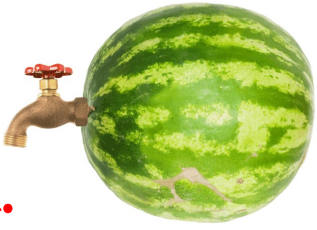
*Homemade Muffin OR
Banana Split Parfait

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