

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

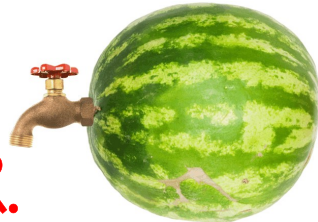
SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 14	Tuesday, September 15	Wed., September 16	Thursday, September 17	Friday, September 18
<u>Breakfast</u> Cinnamon Bun	<u>Breakfast</u> Breakfast Pizza	<u>Breakfast</u> *Homemade Muffin	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>Breakfast</u> Cinnamon Bun
<u>Lunch</u> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> Breaded Mozzarella Sticks *Tomato Sauce for Dipping Broccoli Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> *Baked Macaroni & Cheese Cornbread Rainbow Pepper Strips & Dip Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> <u>New York Thursday</u> *NY Beef Hamburger or Cheeseburger on a Bun Lettuce, Tomato Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety	<u>Lunch</u> 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, September 21	Tuesday, September 22	Wed., September 23	Thursday, September 24	Friday, September 25
<u>YOM KIPPUR</u>	<u>Breakfast</u> Breakfast Pizza	<u>Breakfast</u> *Homemade Muffin	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>Breakfast</u> Cinnamon Bun
<u>NO LUNCH</u> <u>School Closed</u>	<u>Lunch</u> Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> *Wacky Mac, Plain or *Tomato or Meat Sauce, Broccoli WW French Bread Assorted Canned/Fresh Fruit Milk Variety	<u>Lunch</u> *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> 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	Tuesday, September 29	Wed., September 30
<u>Breakfast</u> Cinnamon Bun	<u>Breakfast</u> Breakfast Pizza	<u>Breakfast</u> *Homemade Muffin
<u>Lunch</u> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> French Toast Bites Maple Syrup Sausage or String Cheese Hash Browns Carrot & Celery Sticks Assorted Canned/Fresh Fruit Milk Variety	<u>Lunch</u> *Homemade Pizza Bagel Caesar Salad 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