

# 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



## Henry H. Wells Breakfast & Lunch Menu

BCSD is an equal opportunity provider and employer. Menu subject to change.

Monday, October 5

### Breakfast

\*Homemade Muffin

### Lunch

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

Tuesday, October 6

### Breakfast

\*Bacon, Egg, Cheese on a Roll

### Lunch

\*Homemade Pizza Bagel  
Caesar Salad  
Assorted Canned & Fresh Fruit  
Milk Variety

Wednesday, October 7

### Breakfast

\*Homemade Muffin OR  
Banana Split Parfait

### Lunch

BBQ Pork Rib Sandwich  
Smiley Fries  
Cole Slaw  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, October 8

### Breakfast

\*Bacon, Egg, Cheese on a Roll  
**New York Thursday**

### Lunch

\*Twisted Pasta Plain or  
\*Tomato Sauce  
NY Meatballs  
Green Peas  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, October 9

### Breakfast

Cinnamon Bun OR  
Yogurt Smoothie

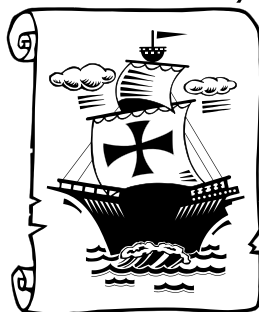
### Lunch

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

## SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, October 12

### Columbus Day



No School

Tuesday, October 13

### Breakfast

\*Bacon, Egg, Cheese on a Roll

### Lunch

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

Wednesday, October 14

### Breakfast

\*Homemade Muffin OR  
Banana Split Parfait

### Lunch

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

Thursday, October 15

### Breakfast

\*Bacon, Egg, Cheese on a Roll  
**New York Thursday**

### Lunch

\*New York Beef Hamburger  
Or New York Beef  
Cheeseburger on a Bun  
Lettuce, Tomato, Pickles  
Oven Baked French Fries  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, October 16

### Breakfast

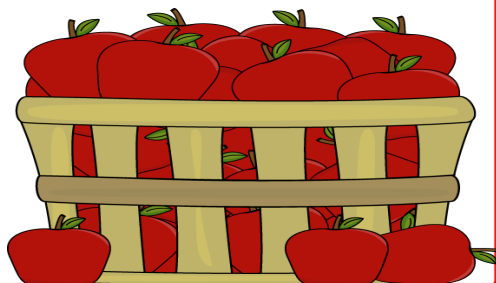
Cinnamon Bun OR  
Yogurt Smoothie

### Lunch

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

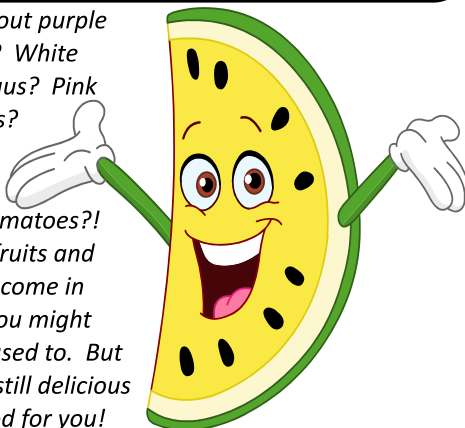
## SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

## Harvest of the Month APPLES



## Yellow Watermelon?!

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they're still delicious and good for you!



## NUTRITION TO GO

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.



A TASTY MORSEL FOR PARENTS

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

Monday, October 19

### Breakfast

\*Homemade Muffin

### Lunch

Chicken Tenders  
Choice of Dipping Sauce  
OR  
Grilled Chicken on a Bun  
Brown Rice  
\*Seasoned Broccoli  
Assorted Canned & Fresh Fruit  
Milk Variety

Tuesday, October 20

### 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

Wednesday, October 21

### Superintendent Conference Day

### School Closed

Thursday, October 22

### Breakfast

\*Bacon, Egg, Cheese on a Roll

### Lunch

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

Friday, October 23

### 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, October 26

### 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

Tuesday, October 27

### 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

Wednesday, October 28

### Breakfast

\*Homemade Muffin OR  
Banana Split Parfait

### Lunch

\*Wacky Mac Plain or  
\*Meat Sauce  
Bite Size Broccoli  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, October 29

### Breakfast

\*Bacon, Egg, Cheese on a Roll  
**New York Thursday**

### Lunch

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

Friday, October 30

### 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