

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**



John F. Kennedy Breakfast & Lunch Menu

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

Monday, October 5

Breakfast

Cinnamon Bun

Lunch

Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice
Green Beans
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, October 6

Breakfast

Breakfast Pizza

Lunch

*Nachos
Ground Beef
Cheese Sauce
Lettuce & Tomato
Nacho Chips
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, October 7

Breakfast

*Homemade Muffin

Lunch

*Rotini Pasta, Plain
*Tomato or Meat Sauce
Whole Wheat French Bread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, October 8

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Breaded Mozzarella Sticks
*Tomato Sauce for Dipping
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Friday, October 9

Breakfast

Cinnamon Bun

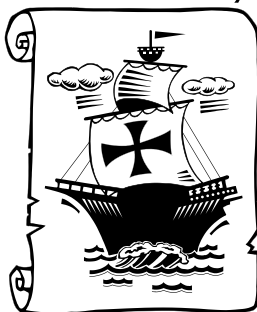
Lunch

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

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Breakfast

Breakfast Pizza

Lunch

Perdue Dino Nuggets
Choice of Dipping Sauces
OR
Grilled Chicken on a Bun
Brown Rice, Green Beans
Assorted Canned & Fresh Fruit
Milk Variety

Wednesday, October 14

Breakfast

*Homemade Muffin

Lunch

*Wacky Mac, Plain or
*Tomato or Meat Sauce,
Broccoli
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, October 15

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

*Oven Grilled
Cheese Sandwich
Oven Baked Fries
Assorted Canned & Fresh Fruit
Milk Variety

Friday, October 16

Breakfast

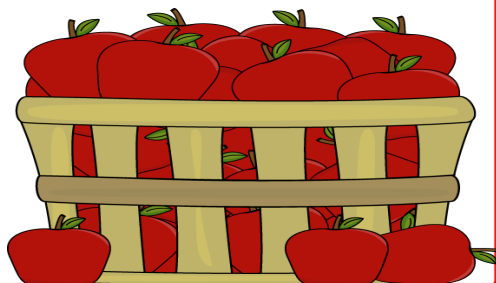
Cinnamon Bun

Lunch

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

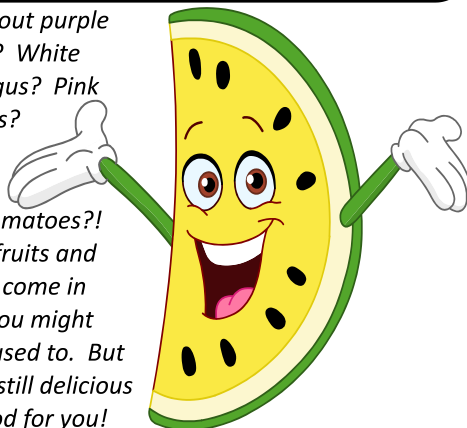
SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

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
Cinnamon Bun

Lunch
Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice
Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, October 20

Breakfast
Breakfast Pizza

Lunch
Mozzarella Stuffed
Bread Sticks
Tomato Sauce for Dipping
Green Beans
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
*Macaroni & Cheese
Cornbread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Friday, October 23

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, October 26

Breakfast
Cinnamon Bun

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
Breakfast Pizza

Lunch
*Elbow Pasta Plain or
*Tomato or Meat Sauce
Caesar Salad
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, October 28

Breakfast
*Homemade Muffin

Lunch
*Hamburger or
Cheeseburger on a Bun
Lettuce, Tomato
Oven Baked French Fries
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, October 29

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
Snack Box
Soft Pretzel
Yogurt, Cheese Stick
Carrot Sticks
Apple Slices
Milk Variety

Friday, October 30

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