

AVAILABLE DAILY

Breakfast

Nutrigrain Bar, Cereal Bar,
Whole Grain Muffin,
Whole Grain Roll, Bagel or Cereal,
Bacon, Egg, Cheese on a Roll
Fresh Fruit or Fruit Juice
& 1 Cup Serving Milk Variety

LUNCH

Served Daily
Big Daddy Pizza

Additional Lunch Choices

Deli Bar:

Offering Assorted Breads/
Meats/Cheese/Veggies

Available Daily:

Grab & Go Salad Plate
Sunflower Butter & Jelly Sandwich
Offered Daily With All Meals

Whole Grain Bread or Roll

Assorted Fruit:

Fresh, Canned and Fruit Juice

And

Assorted Vegetables:

Garbanzo Beans, Broccoli Florets,
Carrots, Tomatoes, Cucumbers,

Corn, Green Lettuce

And Milk Variety

*Made From Scratch



Brewster High School Breakfast & Lunch Menu

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

Monday, October 5

Breakfast

Cinnamon Bun OR
*Bacon, Egg, Cheese on a Roll

Lunch

Breaded Chicken Sliders
on a Bun
Special Sauce, Pickle Chip
Lettuce & Tomato Cup, Chips
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, October 6

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

Lunch

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

Wednesday, October 7

Breakfast

*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

Lunch

*Twisted Pasta
with New York Meatballs
Dinner Roll
Tossed Salad
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, October 8

Breakfast

*Smoothie or Parfait OR
*Bacon, Egg, Cheese on a Roll

NEW YORK THURSDAY

Lunch

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

Friday, October 9

Breakfast

*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

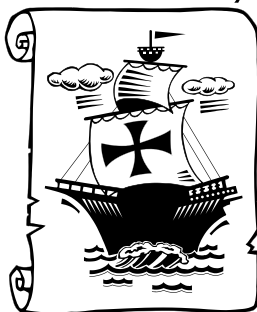
No Lunch

PSAT TESTING

SERVED DAILY: Big Daddy Pizza

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

Lunch

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

Wednesday, October 14

Breakfast

*Homemade Muffin OR
*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

Thursday, October 15

Breakfast

*Smoothie or Parfait OR
*Bacon, Egg, Cheese on a Roll

NEW YORK THURSDAY

Lunch

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

Friday, October 16

Breakfast

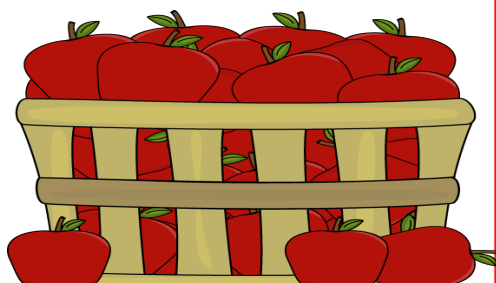
*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

Lunch

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

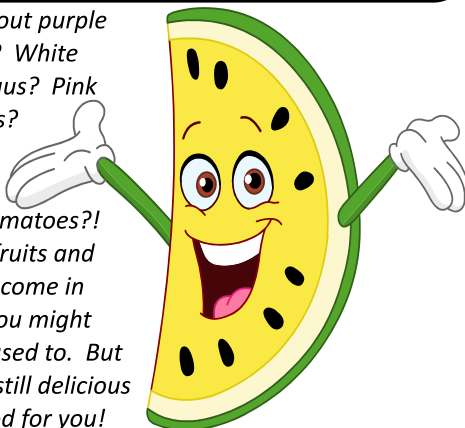
SERVED DAILY: Big Daddy Pizza

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 OR
*Bacon, Egg, Cheese on a Roll

Lunch

Breaded Chicken Sliders
on a Bun
Special Sauce, Pickle Chip
Lettuce & Tomato Cup, Chips
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, October 20

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

Lunch

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

Wednesday, October 21

Superintendent Conference Day

School Closed

Thursday, October 22

Breakfast

*Smoothie or Parfait OR
*Bacon, Egg, Cheese on a Roll
NEW YORK THURSDAY

Lunch

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

Friday, October 23

Breakfast

*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

Lunch

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

SERVED DAILY: Big Daddy Pizza

Monday, October 26

Breakfast

Cinnamon Bun OR
*Bacon, Egg, Cheese on a Roll

Lunch

Breaded Chicken Sliders
on a Bun
Special Sauce, Pickle Chip
Lettuce & Tomato Cup, Chips
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, October 27

Breakfast

French Toast Sticks OR
*Bacon, Egg, Cheese on a Roll

Lunch

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

Wednesday, October 28

Breakfast

*Homemade Muffin OR
*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

Thursday, October 29

Breakfast

*Smoothie or Parfait OR
*Bacon, Egg, Cheese on a Roll
NEW YORK THURSDAY

Lunch

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

Friday, October 30

Breakfast

*Homemade Muffin OR
*Bacon, Egg, Cheese on a Roll

Lunch

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Seasoned Broccoli
Assorted Canned/Fresh Fruit
Milk Variety

SERVED DAILY: Big Daddy Pizza