

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



C.V. Starr 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

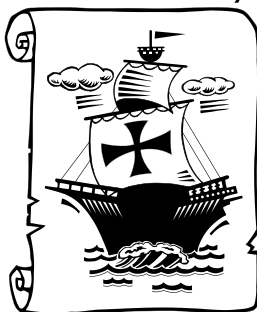
Lunch

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

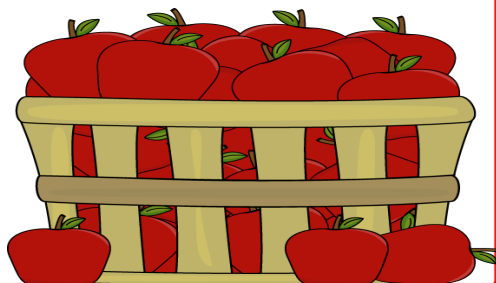
Cinnamon Bun OR
Yogurt Smoothie

Lunch

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

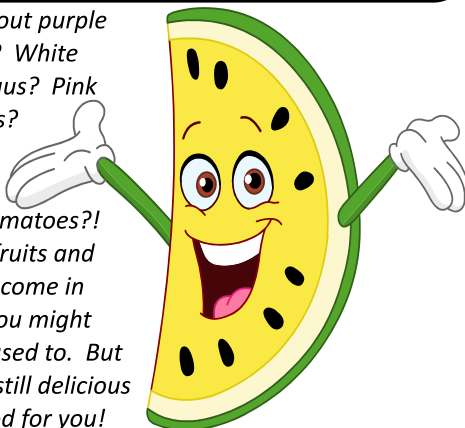
SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

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