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**

Vegetable Of The Month
Brussel Sprouts

C.V. Starr Breakfast & Lunch Menu

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

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Breakfast *Homemade Muffin **Lunch** Whole Muscle White Meat Chicken Nuggets Choice of Dipping Sauces Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety	**Superintendent Conference Day** **Parent/Teacher Conferences** **No Lunch** **School Closed**	**Breakfast** *Homemade Muffin OR Banana Split Parfait **Lunch** Mozzarella Stuffed Bread Sticks *Tomato Sauce for Dipping *Seasoned Broccoli Assorted Canned & Fresh Fruit Milk Variety	**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	**Breakfast** Cinnamon Bun OR Yogurt Smoothie **Lunch** Pizza with Cheese or Pasta Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate

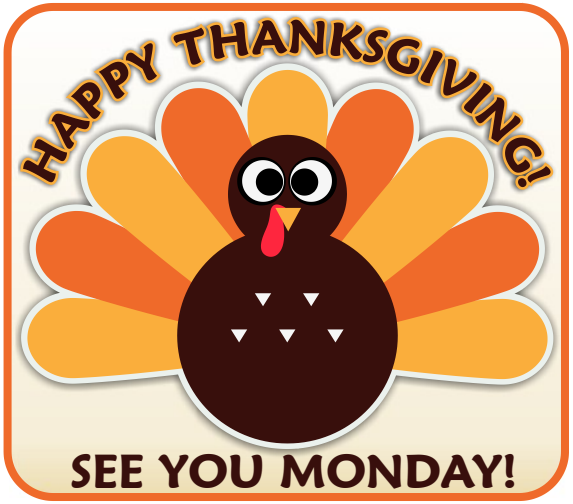
Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
Breakfast *Homemade Muffin **Lunch** Chicken Tenders Choice of Dipping Sauce OR Grilled Chicken on a Bun Brown Rice *NY Roasted Brussel Sprouts Assorted Canned & Fresh Fruit Milk Variety	**Breakfast** *Bacon, Egg, Cheese on a Roll **Lunch** *Twisted Pasta Plain or *Tomato Sauce NY Beef Meatballs Green Peas WW French Bread Assorted Canned/Fresh Fruit Milk Variety	 ***Veteran's Day No School Today***	**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	**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

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Breakfast *Homemade Muffin **Lunch** Breaded or Grilled Chicken Wrap Choice of Special Sauce Lettuce & Tomato Brown Rice Assorted Canned/Fresh Fruit Milk Variety	**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	**Breakfast** *Homemade Muffin OR Banana Split Parfait **Lunch** Eggo Pancakes, Syrup Blueberries/Whipped Cream Sausage or NY String Cheese Carrot & Celery Sticks Assorted Canned/Fresh Fruit Milk Variety	**Breakfast** *Bacon, Egg, Cheese on a Roll **Lunch** ***Thanksgiving Feast** Turkey, Stuffing, Gravy, Mashed Potatoes, Corn, Sweet Potato NY Grown Apple Crisp Milk Variety	**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, November 23	Tuesday, November 24	Wednesday, November 25
Breakfast *Homemade Muffin **Lunch** Copy Cat KFC Bowl Crunchy Popcorn Chicken Mashed Potatoes Sweet Corn, Gravy Assorted Canned/Fresh Fruit Milk Variety Salad Bar: Chicken Caesar Salad Plate	**Breakfast** *Bacon, Egg, Cheese on a Roll **Lunch** Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety Salad Bar: Chicken Caesar Salad Plate	**Breakfast** *Homemade Muffin OR Banana Split Parfait **No Lunch** **Early Dismissal**



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, November 30
Breakfast *Homemade Muffin **Lunch** Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice *NY Roasted Brussel Sprouts Assorted Canned & Fresh Fruit Milk Variety Salad Bar: Chef Salad Plate

Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.

Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!