

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

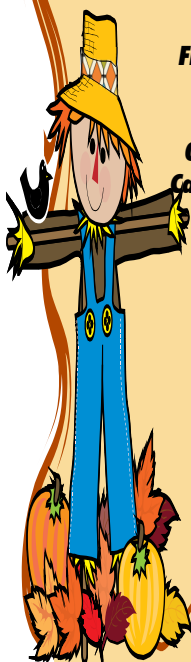
Assorted Vegetables:

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. Menus are subject to change.

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll	Superintendent Conference Day	Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll	Breakfast *Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll NEW YORK THURSDAY	Breakfast *Homemade Muffin 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	Parent/Teacher Conferences No Lunch School Closed	Lunch *Twisted Pasta with *Meat Sauce Dinner Roll Tossed Salad Assorted Canned/Fresh Fruit Milk Variety	Lunch New York Beef Hamburger or *NY Cheeseburger on a Bun Lettuce, Tomato, Pickles Oven Baked French Fries Assorted Canned/Fresh Fruit Milk Variety	Lunch Mozzarella Stuffed Breadsticks *Tomato Sauce for Dipping Seasoned Broccoli Assorted Canned/Fresh Fruit Milk Variety
SERVED DAILY: Big Daddy Pizza				

Monday, November 9	Tuesday, November 10	Wednesday, November 11	Thursday, November 12	Friday, November 13
Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll	Breakfast French Toast Sticks OR *Bacon, Egg, Cheese on a Roll	 Veteran's Day No School Today	Breakfast *Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll NEW YORK THURSDAY	Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll
Lunch Mandarin Orange Chicken Vegetable Eggroll Vegetable Fried Rice Pineapple Chunks Milk Variety	Lunch Chili Cheese Fries Chili & Cheese Sauce Served over Tater Tots Broccoli Assorted Canned/Fresh Fruit Milk Variety		Lunch New York Beef Hamburger or *NY Cheeseburger on a Bun Lettuce, Tomato, Pickles Oven Baked French Fries Assorted Canned/Fresh Fruit Milk Variety	Lunch Mozzarella Stuffed Breadsticks *Tomato Sauce for Dipping Seasoned Broccoli Assorted Canned/Fresh Fruit Milk Variety
SERVED DAILY: Big Daddy Pizza				

HABIT FORMING.

Lots of things that are bad for you are habit-forming, but so are some good things. Eating breakfast, for instance. Research has shown that kids who eat a good breakfast most days when they're young are more likely to keep doing so as teens and adults.



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

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 16

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, November 17

Breakfast

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

Lunch

Top Your Mac & Cheese with BBQ or Buffalo Chicken
Cornbread
Bright Green Beans
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, November 18

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, November 19

Breakfast

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

NEW YORK THURSDAY

Lunch

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

Friday, November 20

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, November 23

Breakfast

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

Lunch

Mandarin Orange Chicken
Vegetable Eggroll
Vegetable Fried Rice
Pineapple Chunks
Milk Variety

SERVED DAILY: Pizza

Tuesday, November 24

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

SERVED DAILY: Pizza

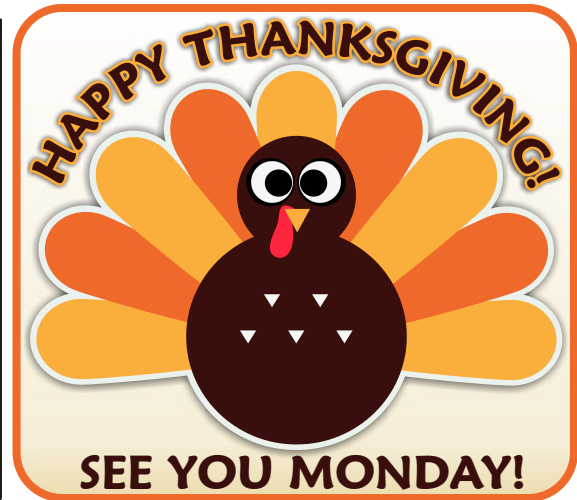
Wednesday, November 25

Breakfast

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

No Lunch

Early Dismissal



Monday, November 30

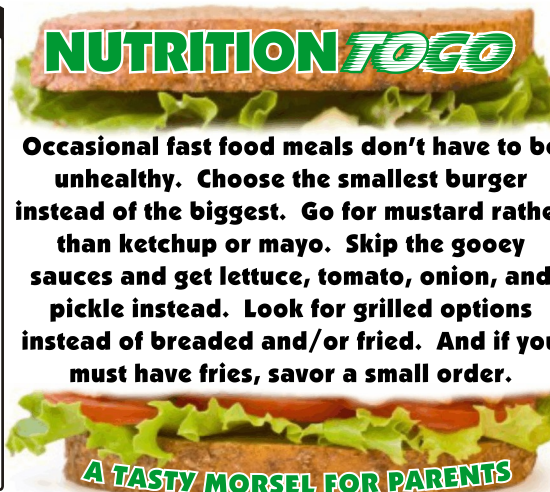
Breakfast

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

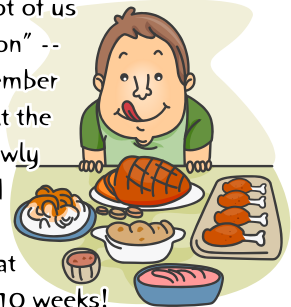
SERVED DAILY: Pizza



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!



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