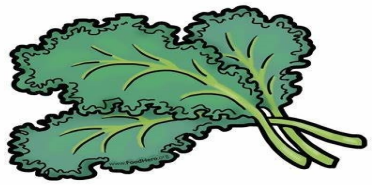


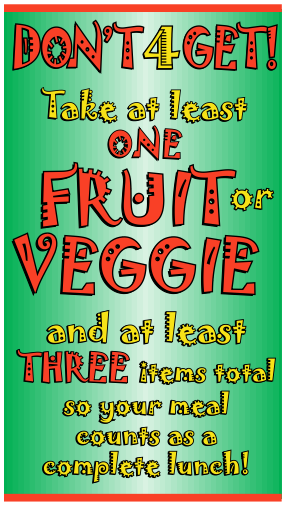
Vegetable Of The Month

KALE



Henry H. Wells Breakfast & Lunch Menu

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



Tuesday, December 1

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, December 2

Breakfast
*Homemade Muffin OR
Banana Split Parfait

Lunch
*Twisted Pasta Plain or
*Tomato or Meat Sauce
*Kale Chips
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, December 3

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, December 4

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, December 7

Breakfast
*Homemade Muffin

Lunch
Copy Cat KFC Bowl
Crunchy Popcorn Chicken
Mashed Potatoes
Sweet Corn, Gravy
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, December 8

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
*Homemade Pizza Bagel
Plain or Pepperoni
Caesar Salad
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, December 9

Breakfast
*Homemade Muffin OR
Banana Split Parfait

Lunch
BBQ Pork Rib Sandwich
Curly Fries
Cole Slaw
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, December 10

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
*Rotini Pasta Plain or
*Tomato Sauce
NY Beef Meatballs
Bite Size Broccoli
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Friday, December 11

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

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

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



OUT COLD.



Not only do kids eat more in the winter, they also tend to exercise less. Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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

Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Breakfast *Homemade Muffin **Lunch** Mandarin Orange Chicken Vegetable Eggroll Vegetable Fried Rice Pineapple Chunks Milk Variety	**Breakfast** *Bacon, Egg, Cheese on a Roll **Lunch** *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety	**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 **Lunch** *Nacho Platter Seasoned Beef/Cheese Sauce Lettuce/Tomato/Salsa/ Sour Cream over Nacho Chips Assorted Canned/Fresh Fruit Milk Variety	**Breakfast** Cinnamon Bun OR Yogurt Smoothie **Lunch** Pizza with Cheese or Sausage Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.



Monday, December 21	Tuesday, December 22	Wednesday, December 23
Breakfast *Homemade Muffin **Lunch** Whole Muscle White Meat Chicken Nuggets Choice of Dipping Sauces Brown Rice, *Kale Chips 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**

Here's wishing you a bright and happy holiday season!

