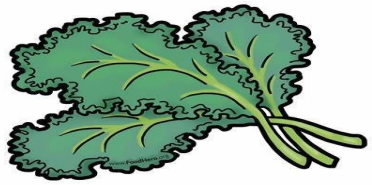


John F. Kennedy Breakfast & Lunch Menu

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

Vegetable Of The Month

KALE



DON'T 4GET!
Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!

Tuesday, December 1

Breakfast
Breakfast Pizza

Lunch
*Nachos
Ground Beef
Cheese Sauce
Lettuce & Tomato
Nacho Chips
Assorted Canned/Fresh Fruit
Milk Variety

Wednesday, December 2

Breakfast
*Homemade Muffin

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

Thursday, December 3

Breakfast
*Bacon, Egg, Cheese on a Roll

Lunch
Snack Box
Soft Pretzel
NY Cheese Stick
Sunbutter Cup Dipper
Carrot Sticks
NY Apple Slices
Milk Variety

Friday, December 4

Breakfast
Cinnamon Bun

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, December 7

Breakfast
Cinnamon Bun

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, December 8

Breakfast
Breakfast Pizza

Lunch
*Rotini Pasta, Plain
*Tomato or Meat Sauce
Whole Wheat French Bread
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Wednesday, December 9

Breakfast
*Homemade Muffin

Lunch
*Homemade Pizza Bagel
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, December 10

Breakfast
*Bacon, Egg, Cheese on a Roll

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

Friday, December 11

Breakfast
Cinnamon Bun

Lunch
Pizza with Cheese or
Pepperoni 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: Bagel Lunch:
Bagel, Cheese Stick, Yogurt
Tuesday: Turkey Sandwich or
Baked Potato Meal
Wednesday: Ham & Cheese Sandwich
Thursday: Turkey Sandwich or
Baked Potato Meal
Friday: Bagel Lunch:
Bagel, Cheese Stick, Yogurt
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 Cinnamon Bun **Lunch** Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice Kale Chips Assorted Canned & Fresh Fruit Milk Variety	**Breakfast** Breakfast Pizza **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 **Lunch** *Wacky Mac, Plain or *Tomato or Meat Sauce, Broccoli WW French Bread Assorted Canned/Fresh Fruit Milk Variety	**Breakfast** *Bacon, Egg, Cheese on a Roll **Lunch** Mozzarella Stuffed Bread Sticks *Tomato Sauce for Dipping Green Beans Assorted Canned & Fresh Fruit Milk Variety	**Breakfast** Cinnamon Bun **Lunch** Pizza with Cheese or Pepperoni 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 Cinnamon Bun **Lunch** Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Peas Assorted Canned & Fresh Fruit Milk Variety Salad Bar: Chicken Caesar Salad Plate	**Breakfast** Breakfast Pizza **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 **No Lunch** **Early Dismissal**

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

