

Brewster High School Breakfast & Lunch Menu

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

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	Wednesday, December 2	Thursday, December 3	Friday, December 4
Breakfast French Toast Sticks OR *Bacon, Egg, Cheese on a Roll	**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 Chili Cheese Fries Chili & Cheese Sauce Served over French Fries Broccoli Assorted Canned/Fresh Fruit Milk Variety	**Lunch** *Nacho Platter Seasoned Beef/Cheese Sauce Lettuce/Tomato/Salsa/ Sour Cream over Nacho Chips 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, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll	**Breakfast** French Toast Sticks OR *Bacon, Egg, Cheese on a Roll	**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 Mandarin Orange Chicken Vegetable Eggroll Vegetable Fried Rice Pineapple Chunks Milk Variety	**Lunch** *Oven Grilled Cheese Sandwich Curly Fries Assorted Canned/Fresh Fruit Milk Variety	**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

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

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 OR *Bacon, Egg, Cheese on a Roll **Lunch** Breaded Chicken Sliders on a Bun Special Sauce, Pickle Chip Lettuce & Tomato Cup Potato Chips Assorted Canned/Fresh Fruit Milk Variety	**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	**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	**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	**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

NUTRITION TOGO

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 OR *Bacon, Egg, Cheese on a Roll **Lunch** Mandarin Orange Chicken Vegetable Eggroll Vegetable Fried Rice Pineapple Chunks Milk Variety SERVED DAILY: Pizza	**Breakfast** French Toast Sticks 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: Pizza	**Breakfast** *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll **No Lunch** **Early Dismissal**

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

