

# SCHOOL LUNCH HERO DAY

**School Lunch Hero Day**  
**Friday, May 2nd**

**When we say school nutrition professionals are heroes, WE MEAN IT!**

**That's why we celebrate them every spring with the annual School Lunch Hero Day. Join schools across the country who are recognizing the difference these team members make for every child who comes through their cafeteria.**



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



**Thursday, May 1**

**Breakfast**

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

**Lunch**

\*Oven Grilled Cheese Sandwich OR Grilled Ham & Cheese Sandwich  
 Oven Baked Fries  
 Assorted Canned/Fresh Fruit Milk Variety  
 Served Daily: Pizza & Chicken Cutlet on a Bun

**Friday, May 2**

**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: Pizza & Chicken Cutlet on a Bun

**Monday, May 5**

**Breakfast**

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

**Lunch**

Chicken Quesadilla  
 Nacho Chips & Salsa  
 Sour Cream  
 Black Bean & Corn Salad  
 Assorted Canned/Fresh Fruit Milk Variety

**Tuesday, May 6**

**Breakfast**

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

**Lunch**

\*Tacos  
 Hard or Soft Shell  
 Seasoned Beef/Lettuce/Tomato/Shredded Cheese/Salsa/Spanish Rice  
 Assorted Canned/Fresh Fruit Milk Variety

**Wednesday, May 7**

**Breakfast**

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

**Lunch**

\*Bowtie Pasta with Meatballs  
 WW Garlic Bread  
 Garden Peas  
 Assorted Canned/Fresh Fruit Milk Variety

**Thursday, May 8**

**Breakfast**

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

**Lunch**

BBQ Chicken Pieces  
 Cornbread  
 Baked Beans, Cole Slaw  
 Assorted Canned/Fresh Fruit Milk Variety

**Friday, May 9**

**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

## 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  
 Chicken Cutlet on a Bun  
 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**

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

Monday, May 12

**Breakfast**

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

**Lunch**

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

Tuesday, May 13

**Breakfast**

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

**Lunch**

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

Wednesday, May 14

**Breakfast**

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

**Lunch**

French Toast Bites, Syrup  
Sausage or String Cheese  
Carrot & Celery Sticks  
Assorted Canned/Fresh Fruit  
Milk Variety  
**PLC DAY**  
2HR Early Release

Thursday, May 15

**Breakfast**

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

**Lunch**

\*Wacky Mac Plain or  
Meat Sauce  
WW Garlic Bread  
Green Beans  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, May 16

**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 & Chicken Cutlet on a Bun**

Monday, May 19

**Breakfast**

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

**Lunch**

Sticks & Pucks  
A Basket of Mozzarella Sticks  
Chicken Slider and  
French Fries  
Assorted Canned/Fresh Fruit  
Milk Variety

Tuesday, May 20

**Breakfast**

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

**Lunch**

\*Rotini Pasta Plain or  
Meat Sauce  
WW Garlic Bread  
Broccoli  
Assorted Canned/Fresh Fruit  
Milk Variety

Wednesday, May 21

**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, May 22

**Breakfast**

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

**Lunch**

Mozzarella Stuffed  
Breadsticks  
\*Tomato Sauce for Dipping  
Seasoned Broccoli  
Assorted Canned/Fresh Fruit  
Milk Variety

Friday, May 23

**Memorial Day Recess**

**School Closed**

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

Monday, May 26



Tuesday, May 27

**Memorial Day Recess**

**School Closed**

Wednesday, May 28

**Breakfast**

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

**Lunch**

BBQ or  
Buffalo Chicken Wings  
Blue Cheese or Ranch Dip  
Carrot & Celery Sticks  
Assorted Canned/Fresh Fruit  
Milk Variety

Thursday, May 29

**Breakfast**

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

**Lunch**

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

Friday, May 30

**Breakfast**

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

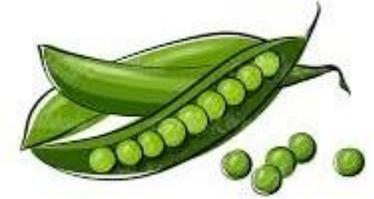
**Lunch**

Mozzarella Stuffed  
Breadsticks  
\*Tomato Sauce for Dipping  
Seasoned Broccoli  
Assorted Canned/Fresh Fruit  
Milk Variety

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

**Vegetable of the Month**

*Green Peas*



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