



WELCOME BACK!

Menus for September 2025

**Brewster High School
Breakfast & Lunch Menu**
Menu subject to change
BCSD is an equal opportunity provider & employer.

Vegetable of the Month

Peppers



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**

Monday, September 1



No School

Tuesday, September 2

Breakfast

French Toast Sticks 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

Wed., September 3

Breakfast

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

Lunch

*Twisted Pasta with
Meat Sauce
WW Garlic Bread
Green Beans
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, September 4

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, September 5

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, September 8

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, September 9

Breakfast

French Toast Sticks 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

Wed., September 10

Breakfast

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

Lunch

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

Thursday, September 11

Breakfast

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

Lunch

*Bowtie Pasta with
Meat Sauce
WW Garlic Bread
Green Beans
Assorted Canned/Fresh Fruit
Milk Variety

Friday, September 12

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, September 15 Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll Lunch A Basket of Mozzarella Sticks Chicken Tenders and French Fries Assorted Canned/Fresh Fruit Milk Variety	Tuesday, September 16 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	Wed., September 17 Breakfast *Homemade Muffin OR *Bacon, Egg, Cheese on a Roll Lunch *Wacky Mac & Meatballs WW Garlic Bread Sliced Red & Green Peppers Assorted Canned/Fresh Fruit Milk Variety	Thursday, September 18 Breakfast *Smoothie or Parfait 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	Friday, September 19 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
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SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

Monday, September 22 Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll Lunch Crispy Breaded Chicken Leg Mashed Potatoes, Corn Assorted Canned/Fresh Fruit Milk Variety	Tuesday, September 23 ROSH HASHANAH School Closed	Wed., September 24 ROSH HASHANAH School Closed	Thursday, September 25 Breakfast *Smoothie or Parfait OR *Bacon, Egg, Cheese on a Roll Lunch Buffalo or BBQ Topped Chicken Mac & Cheese Caesar Salad Assorted Canned/Fresh Fruit Milk Variety	Friday, September 26 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
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SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun

Monday, September 29 Breakfast Cinnamon Bun OR *Bacon, Egg, Cheese on a Roll Lunch Chicken Sliders Special Sauce Tater Tots, Cole Slaw Assorted Canned/Fresh Fruit Milk Variety Served Daily: Pizza & Chicken Cutlet on a Bun	Tuesday, September 30 Breakfast French Toast Sticks 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 Served Daily: Pizza & Chicken Cutlet on a Bun
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GOOD MORNINGS.



A child might go 14 hours between dinner and breakfast. And when kids "break" their long "fast" with a healthy morning meal, they pay better attention in school. Behave better. Participate more. Perform better in the classroom. And even score higher on standardized tests. Make every morning good with breakfast!

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



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

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:
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Or call 845-279-3702 ext. 2125