



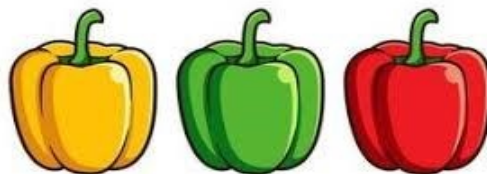
WELCOME BACK!

Menus for September 2025

C.V. Starr
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,
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**

Monday, September 1



No School

Tuesday, September 2

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Chicken Tenders
Choice of Dipping Sauce
OR
Grilled Chicken on a Bun
Brown Rice, Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Wed., September 3

Breakfast

*Homemade Muffin OR
Banana Split Parfait

Lunch

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

Thursday, September 4

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

*Wacky Mac Plain or
*Meat Sauce
Sliced Red & Green Peppers
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Friday, September 5

Breakfast

Cinnamon Bun OR
Yogurt Smoothie

Lunch

Pizza with Cheese or
BBQ Chicken Topping
Tossed Salad with
Italian Dressing
Fruit Juice
Milk Variety

Monday, September 8

Breakfast

*Homemade Muffin

Lunch

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

Tuesday, September 9

Breakfast

*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 10

Breakfast

*Homemade Muffin OR
Banana Split Parfait

Lunch

Mozzarella Stuffed
Breadsticks
*Tomato Sauce for Dipping
Broccoli
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, September 11

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

French Toast Bites, Syrup
Sausage or String Cheese
Hash Browns
Carrots & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety

Friday, September 12

Breakfast

Cinnamon Bun OR
Yogurt Smoothie

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, September 15 Breakfast *Homemade Muffin Lunch Breaded Chicken Cutlet on a Hard Roll OR Grilled Chicken on a Bun Lettuce & Tomato Cup Assorted Canned/Fresh Fruit Milk Variety	Tuesday, September 16 Breakfast *Bacon, Egg, Cheese on a Roll Lunch Pizza Bagel Caesar Salad Assorted Canned & Fresh Fruit Milk Variety	Wed., September 17 Breakfast *Homemade Muffin OR Banana Split Parfait Lunch *Elbow Pasta Plain or *Tomato Sauce, Meatballs Broccoli WW French Bread Assorted Canned/Fresh Fruit Milk Variety	Thursday, September 18 Breakfast *Bacon, Egg, Cheese on a Roll Lunch Top Your Mac & Cheese Buffalo or BBQ Chicken Cornbread Green Beans Assorted Canned/Fresh Fruit Milk Variety	Friday, September 19 Breakfast Cinnamon Bun OR Yogurt Smoothie Lunch Pizza with Cheese or Buffalo Chicken Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety
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SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, September 22 Breakfast *Homemade Muffin 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, September 23 ROSH HASHANAH School Closed	Wed., September 24 ROSH HASHANAH School Closed	Thursday, September 25 Breakfast *Bacon, Egg, Cheese on a Roll Lunch *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety	Friday, September 26 Breakfast Cinnamon Bun OR Yogurt Smoothie Lunch Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety
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SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 29 Breakfast *Homemade Muffin Lunch Sticks & Pucks Breaded Mozzarella Sticks and Chicken Nuggets *Tomato Sauce for Dipping Baked French Fries Assorted Canned/Fresh Fruit Milk Variety Salad Bar: Chicken Caesar Salad Plate	Tuesday, September 30 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 Salad Bar: Chicken Caesar Salad Plate
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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:
dpalmiero@brewsterschools.org
 Or call 845-279-3702 ext. 2125