

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.**



Thursday, May 1

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

*Twisted Pasta Plain or
*Tomato Sauce, Meatballs
Green Peas
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Salad Bar: Chef Salad Plate

Friday, May 2

Breakfast

Cinnamon Bun

Lunch

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

Salad Bar: Chef Salad Plate

Monday, May 5

Breakfast

*Homemade Muffin

Lunch

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

Tuesday, May 6

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Pizza Bagel
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Wednesday, May 7

Breakfast

*Homemade Muffin

Lunch

Bat & Ball
All Natural Beef Hot Dog
and Beef Slider
Lettuce & Tomato Cup
WG Pasta Salad
Assorted Canned/Fresh Fruit
Milk Variety

Thursday, May 8

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Top Your Mac & Cheese
Buffalo or BBQ Chicken
Broccoli Cuts
Assorted Canned/Fresh Fruit
Milk Variety

Friday, May 9

Breakfast

Cinnamon Bun

Lunch

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

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**

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, May 12

Breakfast

*Homemade Muffin

Lunch

Sticks & Pucks
Breaded Mozzarella Sticks
and Chicken Slider
*Tomato Sauce for Dipping
Baked French Fries
Assorted Canned/Fresh Fruit
Milk Variety

Tuesday, May 13

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

Wednesday, May 14

Breakfast

*Homemade Muffin

Lunch

Eggo Pancakes, Syrup
Sausage or String Cheese
Carrots & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety
PLC DAY
2HR Early Release

Thursday, May 15

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

*Wacky Mac Plain or
*Meat Sauce
Broccoli
WW French Bread
Assorted Canned/Fresh Fruit
Milk Variety

Friday, May 16

Breakfast

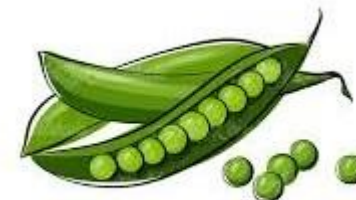
Cinnamon Bun

Lunch

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

Vegetable of the Month

Green Peas



SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, May 19

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, May 20

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

MAXX Pizza Sticks
*Tomato Sauce for Dipping
Green Peas
Assorted Canned & Fresh Fruit
Milk Variety

Wednesday, May 21

Breakfast

*Homemade Muffin

Lunch

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

Thursday, May 22

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

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

Friday, May 23

Memorial Day Recess

School Closed

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, May 26



Tuesday, May 27

Memorial Day Recess

School Closed

Wednesday, May 28

Breakfast

*Homemade Muffin

Lunch

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

Thursday, May 29

Breakfast

*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

Friday, May 30

Breakfast

Cinnamon Bun

Lunch

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

SALAD BAR FEATURING Grab & Go Chef Salad Plate

**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**