



# WELCOME BACK!

## Menus for September 2025

Henry H. Wells  
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

### **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

### **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

### **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

### **Lunch**

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

**SALAD BAR FEATURING Grab & Go Chef Salad Plate**

<b>Monday, September 15</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> Breaded Chicken Cutlet on a Hard Roll OR Grilled Chicken on a Bun Lettuce & Tomato Cup Assorted Canned/Fresh Fruit Milk Variety	<b>Tuesday, September 16</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> Pizza Bagel Caesar Salad Assorted Canned & Fresh Fruit Milk Variety	<b>Wed., September 17</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> *Elbow Pasta Plain or *Tomato Sauce, Meatballs Broccoli WW French Bread Assorted Canned/Fresh Fruit Milk Variety	<b>Thursday, September 18</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> Top Your Mac & Cheese Buffalo or BBQ Chicken Cornbread Green Beans Assorted Canned/Fresh Fruit Milk Variety	<b>Friday, September 19</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> 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**

<b>Monday, September 22</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety	<b>Tuesday, September 23</b> <b>ROSH HASHANAH</b>  <b>School Closed</b>	<b>Wed., September 24</b> <b>ROSH HASHANAH</b>  <b>School Closed</b>	<b>Thursday, September 25</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned/Fresh Fruit Milk Variety	<b>Friday, September 26</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> 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**

<b>Monday, September 29</b> <b>Breakfast</b> *Homemade Muffin  <b>Lunch</b> 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	<b>Tuesday, September 30</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> *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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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