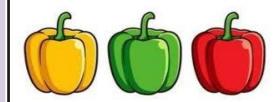


WELCOME BACK!

September 2025

Henry H. Wells
Breakfast & Lunch Menu
Menu subject to change
BCSD is an equal opportunity provider & employer.

Vegetable of the Month Peppers



Monday, September I



Tuesday, September 2

Breakfast

*Bacon, Egg, Cheese on a Roll

<u>Lunch</u> 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

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, September 8

DAY

No School

Breakfast

*Homemade Muffin

<u>Lunch</u>

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

<u>Lunch</u>

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

Thursday, September II

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

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

<u>Tuesday:</u> Ham & Cheese Sandwich or Baked Potato Meal

Wednesday: Bagel Lunch:

Bagel, Cheese Stick & Yogurt

<u>Thursday</u>: Turkey Sandwich or

Baked Potato Meal <u>Friday</u>: Italian Combo

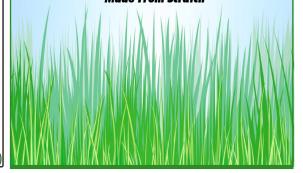
<u>rriady</u>: manan Comi Offered Daily

Grab & Go Salad Plate

Sunflower Butter & Jelly Sandwich
Offered Daily With All Meals:

Assorted Vegetables: Garbanzo Beans, Broccoli, Carrots, Tomatoes, Cucumbers, Tossed Green Salad,

& Whole Grain Dinner Roll
& Assorted Fruit:
Fresh, Canned and Fruit Juice
& Milk Variety
*Made From Scratch



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

Lunch

*Flhow 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 BBO Chicken Cornbread Green Beans Assorted Canned/Fresh Fruit Milk Variety

Friday, September 19

Breakfast

Cinnamon Bun

Lunch

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

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

SALAD BAR FEATURING **Grab & Go Chicken Caesar Salad Plate**

Monday, September 22

Breakfast

*Homemade Muffin

Lunch

Perdue Dino Nuggets **Choice of Dipping Sauces** 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

Lunch

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

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

D 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!



