



# WELCOME BACK!

## Menus for September 2025

John F. Kennedy Elementary  
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: Bagel Lunch:**

**Bagel, Cheese Stick, Yogurt**

**Tuesday: Turkey Sandwich or**

**Baked Potato Meal**

**Wednesday: Ham & Cheese Sandwich**

**Thursday: Turkey Sandwich or**

**Baked Potato Meal**

**Friday: Bagel Lunch:**

**Bagel, Cheese Stick, Yogurt**

### **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**

**Breakfast Pizza**

### **Lunch**

**Perdue Dino Nuggets  
Choice of Dipping Sauces  
OR**

**Grilled Chicken on a Bun  
Brown Rice, Baby Carrots  
Assorted Canned & Fresh Fruit  
Milk Variety**

**Wed., September 3**

### **Breakfast**

**\*Homemade Muffin**

### **Lunch**

**Mozzarella Stuffed  
Bread Sticks  
Tomato Sauce for Dipping  
Green Beans  
Assorted Canned & Fresh Fruit  
Milk Variety**

**Thursday, September 4**

### **Breakfast**

**\*Bacon, Egg, Cheese on a Roll**

### **Lunch**

**\*Rotini Pasta, Plain  
\*Tomato or Meat Sauce  
Whole Wheat French Bread  
Broccoli  
Assorted Canned & Fresh Fruit  
Milk Variety**

**Friday, September 5**

### **Breakfast**

**Cinnamon Bun**

### **Lunch**

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

**Monday, September 8**

### **Breakfast**

**Cinnamon Bun**

### **Lunch**

**Breaded Chicken Tenders  
Choice of Dipping Sauces OR  
Grilled Chicken on a Bun  
Brown Rice  
Sliced Red & Green Peppers  
Assorted Canned & Fresh Fruit  
Milk Variety**

**Tuesday, September 9**

### **Breakfast**

**Breakfast Pizza**

### **Lunch**

**All Natural All Beef  
Hot Dog on a Bun  
Sauerkraut  
Baked Beans  
Assorted Canned/Fresh Fruit  
Milk Variety**

**Wed., September 10**

### **Breakfast**

**\*Homemade Muffin**

### **Lunch**

**\*Rotini Pasta, Plain  
\*Tomato or Meat Sauce  
Whole Wheat French Bread  
Broccoli  
Assorted Canned & Fresh Fruit  
Milk Variety**

**Thursday, September 11**

### **Breakfast**

**\*Bacon, Egg, Cheese on a Roll**

### **Lunch**

**French Toast Bites  
Maple Syrup  
Sausage or String Cheese  
Hash Browns  
Carrot & 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> Cinnamon Bun  <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 16</b> <b>Breakfast</b> Breakfast Pizza  <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> *Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned & Fresh Fruit Milk Variety	<b>Thursday, September 18</b> <b>Breakfast</b> *Bacon, Egg, Cheese on a Roll  <b>Lunch</b> Snack Box Soft Pretzel Cheese Stick Sunbutter Cup Dipper Carrot Sticks Apple Slices Milk Variety	<b>Friday, September 19</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety
---	---	--	--	--

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

<b>Monday, September 22</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans 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> *Macaroni & Cheese Cornbread Broccoli 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
---	--	---	--	--

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

<b>Monday, September 29</b> <b>Breakfast</b> Cinnamon Bun  <b>Lunch</b> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice Sliced Red & Green Peppers Assorted Canned & Fresh Fruit Milk Variety Salad Bar: Chicken Caesar Salad Plate	<b>Tuesday, September 30</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> *Hamburger or Cheeseburger on a Bun Lettuce, Tomato Oven Baked French Fries Assorted Canned/Fresh Fruit Milk Variety Salad Bar: Chicken Caesar Salad Plate
--	--

# 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:**  
[dpalmiero@brewsterschools.org](mailto:dpalmiero@brewsterschools.org)  
Or call 845-279-3702 ext. 2125