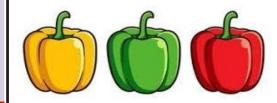


WELCOME BACK!

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



Monday, September I



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

SALAD BAR FEATURING Grab & Go Chicken Caesar Salad Plate

Monday, September 8

No School

<u>Breakfast</u>

Cinnamon Bun

<u>Lunch</u>

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

<u>Lunch</u>

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

Thursday, September II

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

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

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 15

Breakfast

Cinnamon Bun

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 16

Breakfast

Breakfast Pizza

Lunch

Pizza Bagel Caesar Salad Assorted Canned & Fresh Fruit Milk Variety

Wed., September 17

Breakfast

*Homemade Muffin

Lunch

*Oven Grilled Cheese Sandwich Oven Baked Fries Assorted Canned & Fresh Fruit Milk Variety

Thursday, September 18

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Snack Box Soft Pretzel Cheese Stick Sunbutter Cup Dipper Carrot Sticks **Apple Slices** Milk Variety

Friday, September 19

Breakfast

Cinnamon Bun

Lunch

Pizza with Cheese or Pepperoni 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

Cinnamon Bun

Lunch

Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Green Beans 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

*Macaroni & Cheese Cornbread Broccoli 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 Juice Milk Variety

SALAD BAR FEATURING Grab & Go Chef Salad Plate

Monday, September 29

Breakfast Cinnamon Bun

Lunch

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

Tuesday, September 30

Breakfast

Breakfast Pizza

Lunch

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

Salad Bar: Chicken Caesar Salad Plate

OOD 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!



know how to chill, and incredible nutrients like lycopene. And the bonu is they're among the "cleanest" fruits: their safely away from the sweet, juicy insides we love