

**John F. Kennedy
Breakfast & Lunch Menu**

MENUS FOR MARCH 2024

BCSD is an equal
opportunity provider
and employer. Menus are subject
to change.

Monday, March 4

Breakfast

Cinnamon Bun

Lunch

Perdue Dino Nuggets
Choice of Dipping Sauces
OR
Grilled Chicken on a Bun
Brown Rice, Baby Carrots
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, March 5

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

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

Wednesday, March 6

Breakfast

*Homemade Muffin

Lunch

Pizza Bagel
Caesar Salad
Assorted Canned & Fresh Fruit
Milk Variety

Thursday, March 7

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

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

Friday, March 8

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, March 11

Breakfast

Cinnamon Bun

Lunch

Breaded Chicken Tenders
Choice of Dipping Sauces OR
Grilled Chicken on a Bun
Brown Rice
*Cole Slaw
Assorted Canned & Fresh Fruit
Milk Variety

Tuesday, March 12

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

Wednesday, March 13

**Superintendent's
Conference Day**

School Closed

Thursday, March 14

Breakfast

*Bacon, Egg, Cheese on a Roll

Lunch

Waffles
Syrup
Sausage or String Cheese
Carrot & Celery Sticks
Assorted Canned/Fresh Fruit
Milk Variety

Friday, March 15

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

Friday, March 1

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**

Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<u>Breakfast</u> Cinnamon Bun	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>Breakfast</u> *Homemade Muffin	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>Breakfast</u> Cinnamon Bun
<u>Lunch</u> Perdue Dino Nuggets Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice, Baby Carrots Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> *Hamburger or Cheeseburger on a Bun Lettuce & Tomato Oven Baked French Fries Assorted Canned/Fresh Fruit Milk Variety	<u>Parent/Teacher Conferences</u> <u>No Lunch</u> <u>Early Dismissal</u>	<u>Parent/Teacher Conferences</u> <u>No Lunch</u> <u>Early Dismissal</u>	<u>Lunch</u> 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, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<u>Breakfast</u> Cinnamon Bun	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>Breakfast</u> *Homemade Muffin	<u>Breakfast</u> *Bacon, Egg, Cheese on a Roll	<u>SPRING RECESS BEGINS</u>
<u>Lunch</u> Breaded Chicken Tenders Choice of Dipping Sauces OR Grilled Chicken on a Bun Brown Rice Green Beans Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> *Tacos Hard or Soft Shell Seasoned Beef/Lettuce/ Tomato/Shredded Cheese/ Salsa/Spanish Rice Assorted Canned/Fresh Fruit Milk Variety	<u>Lunch</u> *Elbow Pasta Plain or with Meatballs Whole Wheat French Bread Broccoli Assorted Canned & Fresh Fruit Milk Variety	<u>Lunch</u> Pizza with Cheese or Pepperoni Topping Tossed Salad with Italian Dressing Fruit Juice Milk Variety	<u>No School</u>
SALAD BAR FEATURING Grab & Go Chef Salad Plate				

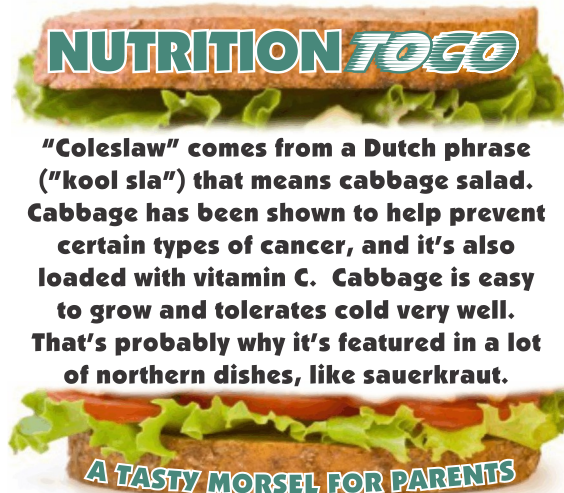
**Free School Meals Are
Here For Brewster!!!**

**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



Vegetable of the Month



Cabbage

