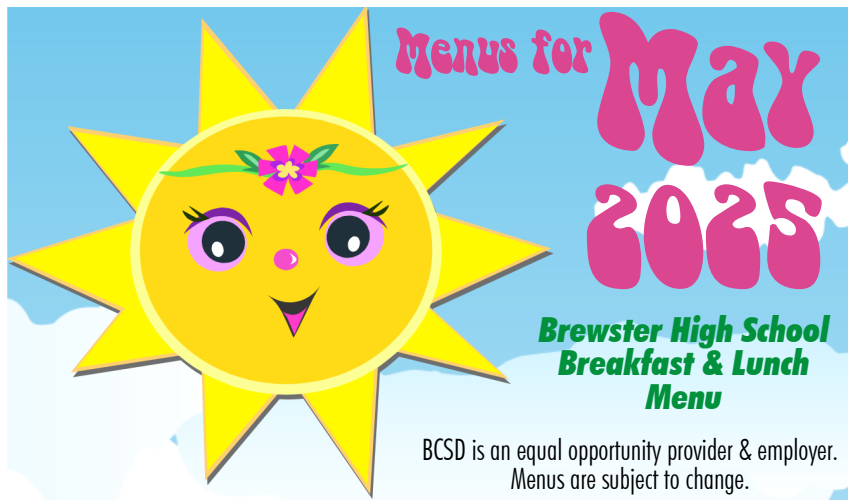


# SCHOOL LUNCH HERO DAY

**School Lunch Hero Day**  
**Friday, May 2nd**

**When we say school nutrition professionals are heroes, WE MEAN IT!**

**That's why we celebrate them every spring with the annual School Lunch Hero Day. Join schools across the country who are recognizing the difference these team members make for every child who comes through their cafeteria.**



**Thursday, May 1**

## **Breakfast**

\*Smoothie or Parfait OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

\*Oven Grilled Cheese Sandwich OR  
Grilled Ham & Cheese Sandwich  
Oven Baked Fries  
Assorted Canned/Fresh Fruit Milk Variety  
Served Daily: Pizza & Chicken Cutlet on a Bun

**Friday, May 2**

## **Breakfast**

\*Homemade Muffin OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

Mozzarella Stuffed Breadsticks  
\*Tomato Sauce for Dipping Seasoned Broccoli  
Assorted Canned/Fresh Fruit Milk Variety  
Served Daily: Pizza & Chicken Cutlet on a Bun

**Monday, May 5**

## **Breakfast**

Cinnamon Bun OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

Chicken Quesadilla  
Nacho Chips & Salsa  
Sour Cream  
Black Bean & Corn Salad  
Assorted Canned/Fresh Fruit Milk Variety

**Tuesday, May 6**

## **Breakfast**

French Toast Sticks OR  
\*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

**Wednesday, May 7**

## **Breakfast**

\*Homemade Muffin OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

\*Bowtie Pasta with Meatballs  
WW Garlic Bread  
Garden Peas  
Assorted Canned/Fresh Fruit Milk Variety

**Thursday, May 8**

## **Breakfast**

\*Smoothie or Parfait OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

BBQ Chicken Pieces  
Cornbread  
Baked Beans, Cole Slaw  
Assorted Canned/Fresh Fruit Milk Variety

**Friday, May 9**

## **Breakfast**

\*Homemade Muffin OR  
\*Bacon, Egg, Cheese on a Roll

## **Lunch**

Mozzarella Stuffed Breadsticks  
\*Tomato Sauce for Dipping Seasoned Broccoli  
Assorted Canned/Fresh Fruit Milk Variety

## Available Daily

### **Breakfast**

**Nutrigrain Bar, Cereal Bar, Whole Grain Muffin, Whole Grain Roll, Bagel or Cereal, Bacon, Egg, Cheese on a Roll  
Fresh Fruit or Fruit Juice  
& 1 Cup Serving Milk Variety**

### **LUNCH**

#### **Served Daily**

**Big Daddy Pizza  
Chicken Cutlet on a Bun  
Additional Lunch Choices**

#### **Deli Bar:**

**Offering Assorted Breads/Meats/Cheese/Veggies**

#### **Available Daily:**

**Grab & Go Salad Plate  
Sunflower Butter & Jelly Sandwich  
Offered Daily With All Meals  
Whole Grain Bread or Roll  
Assorted Fruit:  
Fresh, Canned and Fruit Juice**

#### **And**

**Assorted Vegetables:  
Garbanzo Beans, Broccoli Florets, Carrots, Tomatoes, Cucumbers, Corn, Green Lettuce  
And Milk Variety  
\*Made From Scratch**

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

Monday, May 12

**Breakfast**

Cinnamon Bun OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Copy Cat KFC Bowl

Crunchy Popcorn Chicken

Mashed Potatoes

Sweet Corn, Gravy

Assorted Canned/Fresh Fruit

Milk Variety

Tuesday, May 13

**Breakfast**

French Toast Sticks OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Hamburger or

Cheeseburger on a Bun

Lettuce, Tomato, Pickles

Oven Baked French Fries

Assorted Canned/Fresh Fruit

Milk Variety

Wednesday, May 14

**Breakfast**

\*Homemade Muffin OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

French Toast Bites, Syrup

Sausage or String Cheese

Carrot & Celery Sticks

Assorted Canned/Fresh Fruit

Milk Variety

PLC DAY

2HR Early Release

Thursday, May 15

**Breakfast**

\*Smoothie or Parfait OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Wacky Mac Plain or

Meat Sauce

WW Garlic Bread

Green Beans

Assorted Canned/Fresh Fruit

Milk Variety

Friday, May 16

**Breakfast**

\*Homemade Muffin OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Mozzarella Stuffed

Breadsticks

\*Tomato Sauce for Dipping

Seasoned Broccoli

Assorted Canned/Fresh Fruit

Milk Variety

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

Monday, May 19

**Breakfast**

Cinnamon Bun OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Sticks & Pucks

A Basket of Mozzarella Sticks

Chicken Slider and

French Fries

Assorted Canned/Fresh Fruit

Milk Variety

Tuesday, May 20

**Breakfast**

French Toast Sticks OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Rotini Pasta Plain or

Meat Sauce

WW Garlic Bread

Broccoli

Assorted Canned/Fresh Fruit

Milk Variety

Wednesday, May 21

**Breakfast**

\*Homemade Muffin OR

\*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

Thursday, May 22

**Breakfast**

\*Smoothie or Parfait OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Mozzarella Stuffed

Breadsticks

\*Tomato Sauce for Dipping

Seasoned Broccoli

Assorted Canned/Fresh Fruit

Milk Variety

Friday, May 23

**Memorial Day Recess**

**School Closed**

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

Monday, May 26



Tuesday, May 27

**Memorial Day Recess**

**School Closed**

Wednesday, May 28

**Breakfast**

\*Homemade Muffin OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

BBQ or

Buffalo Chicken Wings

Blue Cheese or Ranch Dip

Carrot & Celery Sticks

Assorted Canned/Fresh Fruit

Milk Variety

Thursday, May 29

**Breakfast**

\*Smoothie or Parfait OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Hamburger or

Cheeseburger on a Bun

Lettuce, Tomato, Pickles

Oven Baked French Fries

Assorted Canned/Fresh Fruit

Milk Variety

Friday, May 30

**Breakfast**

\*Homemade Muffin OR

\*Bacon, Egg, Cheese on a Roll

**Lunch**

Mozzarella Stuffed

Breadsticks

\*Tomato Sauce for Dipping

Seasoned Broccoli

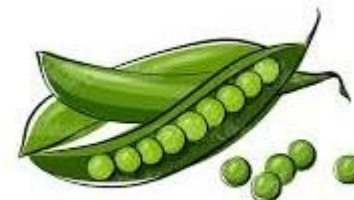
Assorted Canned/Fresh Fruit

Milk Variety

**SERVED DAILY: Big Daddy Pizza & Chicken Cutlet on a Bun**

**Vegetable of the Month**

**Green Peas**



**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**