

# 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

\*Bacon, Egg, Cheese on a Roll

#### Lunch

\*Twisted Pasta Plain or  
\*Tomato Sauce, Meatballs  
Green Peas  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

Salad Bar: Chef Salad Plate

### Friday, May 2

#### Breakfast

Cinnamon Bun OR  
Yogurt Smoothie

#### Lunch

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

Salad Bar: Chef Salad Plate

### Monday, May 5

#### Breakfast

\*Homemade Muffin

#### Lunch

Copy Cat KFC Bowl  
Crunchy Popcorn Chicken  
Mashed Potatoes  
Sweet Corn, Gravy  
Assorted Canned/Fresh Fruit  
Milk Variety

### Tuesday, May 6

#### Breakfast

\*Bacon, Egg, Cheese on a Roll

#### Lunch

Pizza Bagel  
Caesar Salad  
Assorted Canned & Fresh Fruit  
Milk Variety

### Wednesday, May 7

#### Breakfast

\*Homemade Muffin OR  
Banana Split Parfait

#### Lunch

Bat & Ball  
All Natural Beef Hot Dog  
and Beef Slider  
Lettuce & Tomato Cup  
WG Pasta Salad  
Assorted Canned/Fresh Fruit  
Milk Variety

### Thursday, May 8

#### Breakfast

\*Bacon, Egg, Cheese on a Roll

#### Lunch

Top Your Mac & Cheese  
Buffalo or BBQ Chicken  
Broccoli Cuts  
Assorted Canned/Fresh Fruit  
Milk Variety

### Friday, May 9

#### Breakfast

Cinnamon Bun OR  
Yogurt Smoothie

#### 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**

**Tuesday: Ham & Cheese Sandwich  
or Baked Potato Meal**

**Wednesday: Bagel Lunch:  
Bagel, Cheese Stick & Yogurt**

**Thursday: Turkey Sandwich or  
Baked Potato Meal**

**Friday: Italian Combo  
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 Chicken Caesar Salad Plate**

**Monday, May 12**

**Breakfast**

\*Homemade Muffin

**Lunch**

Sticks & Pucks  
Breaded Mozzarella Sticks  
and Chicken Slider  
\*Tomato Sauce for Dipping  
Baked French Fries  
Assorted Canned/Fresh Fruit  
Milk Variety

**Tuesday, May 13**

**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

**Wednesday, May 14**

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

Eggo Pancakes, Syrup  
Sausage or String Cheese  
Carrots & Celery Sticks  
Assorted Canned/Fresh Fruit  
Milk Variety  
**PLC DAY**  
**2HR Early Release**

**Thursday, May 15**

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

\*Wacky Mac Plain or  
\*Meat Sauce  
Broccoli  
WW French Bread  
Assorted Canned/Fresh Fruit  
Milk Variety

**Friday, May 16**

**Breakfast**

Cinnamon Bun OR  
Yogurt Smoothie

**Lunch**

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

**Vegetable of the Month**

*Green Peas*



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

**Monday, May 19**

**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, May 20**

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

MAXX Pizza Sticks  
\*Tomato Sauce for Dipping  
Green Peas  
Assorted Canned & Fresh Fruit  
Milk Variety

**Wednesday, May 21**

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

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

**Thursday, May 22**

**Breakfast**

\*Bacon, Egg, Cheese on a Roll

**Lunch**

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

**Friday, May 23**

**Memorial Day Recess**

**School Closed**

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

**Monday, May 26**



**Tuesday, May 27**

**Memorial Day Recess**

**School Closed**

**Wednesday, May 28**

**Breakfast**

\*Homemade Muffin OR  
Banana Split Parfait

**Lunch**

Chicken Tenders  
Choice of Dipping Sauce  
OR  
Grilled Chicken on a Bun  
Brown Rice, Peas  
Assorted Canned & Fresh Fruit  
Milk Variety

**Thursday, May 29**

**Breakfast**

\*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

**Friday, May 30**

**Breakfast**

Cinnamon Bun OR  
Yogurt Smoothie

**Lunch**

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

**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**