

BREAKFAST

Fruit offered with meal.
1% milk or nonfat chocolate milk optional

AVAILABLE DAILY:

Bagel with Cream Cheese
Cereal (variety)

MONDAY

Ham & Cheese Croissant*
Muffin (variety)

TUESDAY

Fruit & Yogurt Parfait
Belgian Waffle

WEDNESDAY

Breakfast Burrito
Cinnamon Roll

THURSDAY

BeneFIT Bar (variety)
Mini Donuts

FRIDAY

Cinnamon Crumb Bread
Muffin (variety)

*contains pork

Sowers Middle School Menu

24-25

LUNCH

Fruits & vegetables offered with meal.
1% milk or nonfat chocolate milk optional.

Meals are FREE
for all students



M



Turkey Tom Sandwich
The Pepe Ham Sandwich*

Mozzarella Sticks
& Marinara

T

Pepperoni Pizza
Breadstick*

Chicken
Egg Rolls
with Sweet & Sour Sauce

W

Boneless
Chicken Wings
Choice of:
Buffalo Sauce - Surfer Sauce

Stuffed
Cheesy Bread

T



Pepperoni Pizza*
Cheese Pizza

F



House - Orange - Teriyaki
Chicken & Brown Rice
Tofu & Brown Rice

Mini Corn
Dogs

Available Daily

Cheeseburger

Crispy
Chicken Sandwich

Bean & Cheese
Burrito

Chicken Caesar
Salad

HBCSD House
Salad

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE