

BREAKFAST

Fruit offered with meal.

1% milk or nonfat chocolate milk optional

AVAILABLE DAILY:

Bagel with Cream Cheese BeneFIT Bar (variety) Cereal (variety)

MONDAY

Ham & Cheese Croissant*
Blueberry Muffin

TUESDAY

Fruit & Yogurt Parfait

Maple Waffle

WEDNESDAY

Sausage & Cheese English Muffin Cinnamon Roll

THURSDAY

Chicken Biscuit Sandwich Mini Donuts

FRIDAY

Breakfast Burrito Cinnamon Crumb Bread

Sowers Middle School Menu 24-25

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

M

Chicken Pretzel Dog

Mozzarella Sticks with Marinara





Pepperoni Pizza*

Cheese Pizza

W

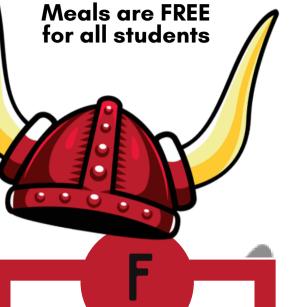
Boneless Wings with Surfer Sauce

Chicken Egg Rolls with Sweet & Sour Sauce



Pepperoni Pizza*

Cheese Pizza



PICK UP STIX FRESH ASIAN FLAVORS Chicken & Brown Rice

Tofu & Brown Rice

House - Orange - Teriyaki

Available Daily

Cheeseburger

Crispy Chicken Sandwich Bean & Cheese Burrito

Chicken Caesar Salad HBCSD House Salad

*contains pork

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



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Bagel with Cream Cheese BeneFIT Bar (variety) Cereal (variety)

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Blueberry Muffin

TUESDAY

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Maple Waffle

WEDNESDAY

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THURSDAY

Chicken Biscuit Sandwich Mini Donuts

FRIDAY

Breakfast Burrito Cinnamon Crumb Bread

Sowers Middle School Menu 24-25

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

M



Turkey Tom Sandwich
The Pepe Ham Sandwich*

Mozzarella Sticks & Marinara



T



Pepperoni Pizza*

Cheese Pizza

W

Boneless Wings with Surfer Sauce

Chicken Egg Rolls with Sweet & Sour Sauce T



Pepperoni Pizza*

Cheese Pizza



Meals are FREE

for all students



Chicken & Brown Rice
House - Orange - Teriyaki

Tofu & Brown Rice

Available Daily

Cheeseburger

Crispy Chicken Sandwich Bean & Cheese Burrito

Chicken Caesar Salad HBCSD House Salad

*contains pork

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BREAKFAST

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AVAILABLE DAILY:

Bagel with Cream Cheese Cereal (varietu)

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)

Sowers Middle School Menu 24-25

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









Turkey Tom Sandwich The Pepe Ham Sandwich*

Mozzarella Sticks & Marinara

Pepperoni Pizza Breadstick*

Chicken Egg Rolls with Sweet & Sour Sauce

Boneless Chicken Wings

Choice of: Buffalo Sauce - Surfer Sauce

> Stuffed Cheesy Bread



Pepperoni Pizza*

Cheese Pizza



Meals are FREE for all students

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

*contains pork

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