

Sowers Middle School Menu

24-25

Meals are FREE
for all students



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

LUNCH

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

M

Chicken
Pretzel Dog

Mozzarella Sticks
with Marinara

CHIP DAY!

Chip served with each complete meal

T



Pepperoni Pizza*

Cheese Pizza

W

Boneless
Wings
with Surfer Sauce

Chicken
Egg Rolls
with Sweet & Sour Sauce

T



Pepperoni Pizza*

Cheese Pizza

F

PICK UP
STIX
FRESH ASIAN FLAVORS

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

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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

LUNCH

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

M



Turkey Tom Sandwich
The Pepe Ham Sandwich*

Mozzarella Sticks
& Marinara

CHIP DAY!
Chip served with each complete meal

T



Pepperoni Pizza*

Cheese Pizza

W

Boneless
Wings
with Surfer Sauce

Chicken
Egg Rolls
with Sweet & Sour Sauce

T



Pepperoni Pizza*

Cheese Pizza

F



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

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.

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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

PICK UP
STIX
FRESH ASIAN FLAVORS

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

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