



Sowers Middle School

25-26 Menu

BREAKFAST

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
Ham & Cheese Croissant 	Belgian Waffle	Oatmeal Breakfast Bar	Mini Donuts	Pancakes
Double Chocolate Muffin	Fruit & Yogurt Parfait	Cinnamon Roll	Fruit & Yogurt Parfait	Blueberry Muffin

AVAILABLE DAILY: Bagel with Cream Cheese

Variety Cereal Options

A VARIETY OF
FRUITS AND
VEGETABLES ARE
OFFERED WITH
EACH MEAL.

-  Vegetarian
-  Contains Pork
-  Gluten-Free

LUNCH

MONDAY

Chicken
Pretzel Dog

Mozzarella Sticks
with Marinara 

HBCSD Cheeseburger
made with regenerative, grass-fed beef

TUESDAY



Cheese Pizza 

Pepperoni Pizza 

Crispy
Chicken Sandwich
Spicy or Regular

WEDNESDAY

Boneless Chicken Wings
Dipping Sauces:
Surfer Sauce or Buffalo

Crunchy Beef Tacos 
with Salsa Cup

HBCSD Cheeseburger
made with regenerative, grass-fed beef

THURSDAY



Cheese Pizza 

Pepperoni Pizza 

Crispy
Chicken Sandwich
Spicy or Regular

FRIDAY

Chicken
& Veg Potstickers

Chicken Tenders
& Potato Wedges

HBCSD Cheeseburger
made with regenerative, grass-fed beef

AVAILABLE DAILY:

Chicken Caesar Salad

Turkey & Cheese Hoagie

Vegan
Bean Burrito 