




# 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 Tenders  
& Potato Wedges

Stuffed Cheesy Bread  
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

Chicken Tamale   
with Salsa Cup

HBCSD Cheeseburger  
made with regenerative, grass-fed beef

#### THURSDAY



Cheese Pizza 

Pepperoni Pizza 

Crispy  
Chicken Sandwich  
Spicy or Regular

#### FRIDAY

Orange Chicken &  
"Unfried" Vegetable Rice

All-Beef Hot Dog

HBCSD Cheeseburger  
made with regenerative, grass-fed beef

AVAILABLE DAILY:

Chicken Caesar Salad

Turkey & Cheese Hoagie

Vegan  
Bean Burrito 