



Sowers Middle School

26-27 Menu

BREAKFAST

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
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Ham & Cheese
Croissant (P)

Double
Chocolate
Muffin (V)

Egg & Cheese
English Muffin
Sandwich

Sausage, Egg &
Cheese Breakfast
Burrito

Cinnamon
Roll (V)

AVAILABLE DAILY:

Bagel (V)
with Cream Cheese

Fruit & Yogurt Parfait (V)

Variety Cereal
Options (GF) (V)

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

We proudly serve a
variety of organic and
locally grown fruits
and vegetables



LUNCH

MONDAY

Kung Pao Chicken &
"Unfried" Vegetable Rice

Cheese Quesadilla (V)
with Salsa Cup

HBCSD Cheeseburger
made with regenerative, grass-fed beef

TUESDAY



Cheese Pizza (V)

Pepperoni Pizza (P)

Crispy
Chicken Sandwich
Spicy or Regular

WEDNESDAY

Spicy Chicken Tenders
& Potato Wedges

Crispy Beef Tacos (GF)
with Salsa Cup

HBCSD Cheeseburger
made with regenerative, grass-fed beef

THURSDAY



Cheese Pizza (V)

Pepperoni Pizza (P)

Crispy
Chicken Sandwich
Spicy or Regular

FRIDAY

Boneless Chicken Wings
Dipping Sauces:
Surfer Sauce or Buffalo

Stuffed Cheesy
Breadsticks (V)
with Marinara Sauce

All-Beef Hot Dog
made with regenerative, grass-fed beef

AVAILABLE DAILY:

Kale Chicken Caesar
Salad

Turkey & Cheddar
Sandwich on Ciabatta

Seasoned
Vegan Burrito (V)

This institution is an equal opportunity provider
Menu subject to change without notice

(V) Vegetarian (P) Contains Pork
(GF) Gluten-Free