

# 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.

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Chicken  
Pretzel Dog

Mozzarella Sticks  
with Marinara

CHIP DAY!

Chip served with each complete meal

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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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE