



SOWERS MIDDLE SCHOOL

26-27 MENU

BREAKFAST

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
Ham & Cheese Croissant (P)	Double Chocolate Muffin	Egg & Cheese English Muffin Sandwich	Sausage, Egg & Cheese Breakfast Burrito	Cinnamon Roll

AVAILABLE DAILY:

Bagel with Cream Cheese

Fruit & Yogurt Parfait

Variety Cereal Options

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

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



SPECIAL MENU

- TUES 10/13 -

Mary's Chicken
BBQ Chicken Drumstick
with Cornbread Muffin

LUNCH

MONDAY

Kung Pao Chicken & "Unfried" Vegetable Rice

Cheese Quesadilla with Salsa Cup

HBCSD Cheeseburger made with regenerative, grass-fed beef

TUESDAY



Cheese Pizza

Pepperoni Pizza (P)

Crispy Chicken Sandwich
Spicy or Regular

WEDNESDAY

Spicy Chicken Tenders & Potato Wedges

Crispy Beef Tacos with Salsa Cup

HBCSD Cheeseburger made with regenerative, grass-fed beef

THURSDAY



Cheese Pizza

Pepperoni Pizza (P)

Crispy Chicken Sandwich
Spicy or Regular

FRIDAY

Boneless Chicken Wings
Dipping Sauces:
Surfer Sauce or Buffalo

Stuffed Cheesy Breadsticks 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

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

Vegetarian (P) Contains Pork
Gluten-Free