

Sowers Middle School Menu

September 2023



BREAKFAST

Fruit offered with meal.
1% milk or nonfat chocolate milk optional

MONDAY

Turkey Sausage Pancake Wrap
Mini Chocolate Donuts

TUESDAY

Chocolate Chip Muffin Top
Turkey Sausage, Egg & Cheese
Breakfast Pocket
Fruity Cereal Waffle

WEDNESDAY

Breakfast Burrito
Cinnamon Roll
Blueberry Muffin

THURSDAY

Bagel with Cream Cheese
Pan Dulce (Concha)
Buttery Maple Waffle

FRIDAY

Cereal (variety)
Buttermilk Bar

LUNCH

Fruits & vegetables offered with meal.
1% milk or nonfat chocolate milk optional



Pepperoni Pizza*
Cheese Pizza

Pretzel Dog

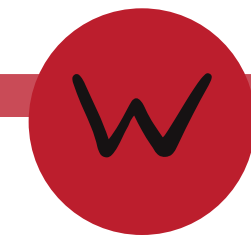
Grilled Cheese
Sandwich



Pepperoni Pizza
Breadstick*

Crispy
Chicken Tenders

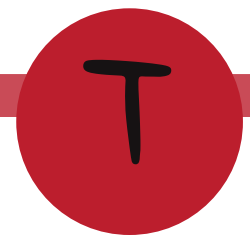
Cheese Quesadilla



Turkey Sub
Ham & Cheese Sub*
Veggie Sub

Crispy Chicken
Sandwich

Beef & Cheese
Taquitos



Pepperoni Pizza*
Cheese Pizza

Cheeseburger

Spicy Chicken
Sandwich



Chicken Bowl & Rice
Tofu Bowl & Rice

Turkey Taco Nada

Italian Herb & Garlic
Cheesy Bread

Vegan Kickin
Sandwich

*pork

Meals are FREE for all students

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE