

MARCH 2023 BOWERS ACADEMY MENU

Full Pay Lunch -
\$3.90 - \$4.25
Full Pay Breakfast
\$2.00-\$2.50

There will be no charge for reduce price meals throughout the remainder of the 22-23 school year

Monday

Fish and/or Vegetarian items will also be offered Fridays during Lent

Tuesday

Wednesday

Thursday

Friday

6 JET'S Cheese or Pepperoni Pizza

7 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

8 Greek Beef Gyro w/ Tzakti Sauce & Fries
JET'S Pizza Day!

2 Macaroni & Cheese
Garlic Breadstick
Steamed Broccoli

3 **EMOJI Waffle & Chix**
and Sweet Potato Fries

13 JET'S Cheese or Pepperoni Pizza

14 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

15 Greek Beef Gyro w/ Tzakti Sauce
Fries

9 Cheese filled Lasagna served w/ Garlic Breadstick
MICHIGAN BROCCOLI

10 Orange Chicken
Rice/Fortune Cookie
Asian Blend Veggies

20 JET'S Cheese or Pepperoni Pizza

21 Fiesta Bar
Beef or Chicken Tacos or Nachos w/ Toppings
Refried Beans

22 *Try Something New!*
Turkey Burger
Waffle Sandwich

16 Pasta Bar
Garlic Breadstick
MICHIGAN BROCCOLI

17 Popcorn Chicken Bowl
Mashed Potatoes, Corn

24 **1/2 Day!
No Lunch!**

27-31

SPRING BREAK - NO SCHOOL!

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk

DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS,
BOSCO STICKS (T/Th) or House made pizza (W/F)
VARIETY OF ENTREE SALADS AND SUBS**

All Beef Hot Dog: All beef hot dog to served on a whole grain bun

Chicken Schwarma

Seasoned Chicken served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions
Served with Crispy French Fries

Jet's Pizza: deep dish cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

Lasagna Roll-up: pasta noodles filled with creamy ricotta and mozzarella cheese, topped with marinara sauce, served with garlic breadstick

Chicken Alfredo Pasta

Al Dente Pasta tossed with creamy Alfredo cheese sauce and topped with diced white meat chicken served with Broccoli and garlic breadstick

Bosco Cheese Sticks: Whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemade roll and butter

Fiesta Bar

2 flour or corn tortilla chips filled with chicken or beef, topped with cheese with Lettuce, rice, beans and optional toppings served on the side.

Grilled Cheese and Tomato Soup: Crispy grilled sandwich stuffed with American cheeses and served with creamy tomato soup.

Burgers

All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Try Something New!

Turkey Burger Waffle Sandwich

Grilled Turkey Burger between 2 crisp waffles with tangy coleslaw and spicy honey sriracha sauce

Burgers

All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Pierogi and Sausage

Cheese filled pierogi dumplings topped with sliced smoked sausage and served with a Garlic Breadstick and fresh roasted veggies

Pasta Bar

Your choice of Pasta topped with marinara sauce or Alfredo and choice of meatballs or chicken served with Broccoli and garlic breadstick

Philly Cheese Steak

Thin slice beef served on a whole grain bun with provolone cheese and optional grilled peppers and onions Served with Crispy French Fries

Beef Gyros

Thin sliced Gyro Meat served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions Served with Crispy French Fries

\$2.00 BREAKFAST

Choose from
Yogurt Parfait
Bagels, Muffins
Cereal Bars, Cereal
All Breakfasts include up to a full cup of fruit and/or Juice and a 1% white or chocolate milk

Fruits and Veggies!

Offered Daily

Includes Michigan Produce such as Blueberries, Cherries, Michigan Lettuce, Legumes and Apples

plus MUCH more Fruits and Veggies to Choose from!



Gluten Free option available per medical request- preorder required

Vegetarian and Dairy Free options available - preorder required

**MENU SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER**