



SEPTEMBER 2023 BOWERS ACADEMY MENU

Lunch Delivered Daily

All meals include Proteins & whole grains
At must include at least 3/4 cup fruits and/or
veggies
and 1% white or chocolate milk

Monday

4

**Happy
Labor Day!**



Tuesday

5 **1/2 Day!**
**No
Hot Lunch!**

Wednesday

6
Dorito Taco Cheese Bowl
Served with Black Beans
and Churros

Thursday

7
Vegan Chicken Nuggets
served with Broccoli and
Garlic Knot

Friday

8
Orange Chicken w/ Rice
Served with WG rice, Asian
Veggie Mix and Fortune
Cookie

11 **JET'S PIZZA!**
OR Mac & Cheese Burger
with Sweet Potato Fries

12 Pasta Bar
Choice of Marinara Sauce,
Alfredo, Meatballs and
more with Garlic Toast

13 Meatball Grinder
with Marinara and Cheese
served with optional
Peppers and onions

14
Emoji Waffle w/ Turkey
Sausage



15 Beef & Cheese Tatchos
served with Corn and a
variety of toppings

18 **JET'S PIZZA!**
OR Chicken & Waffle
Sandwich with Sweet
Potato Fries

19 2 Beef or Chicken Tacos
served with Pico corn,
Refried Beans and Churros

20 **JET'S PIZZA!**
OR Grilled Cheese with
French Fries

21 Pulled Pork Sandwich
served with Vegetarian
Baked Beans

22 Popcorn Chicken Bowl
Mashed Potatoes, Corn

25 **No
School!**

26 Meatloaf Burger
Mini Turkey Corn Dogs
OR Yogurt Plate

27 Chicken Alfredo Pasta
served with Texas Toast
and Broccoli

28 Chicken Thai Bowl
Crisp Chicken over WG
Rice with a Thai Chili
Sunbutter Sauce

29 Buffalo Chicken
Mac & Cheese served w/
Crispy Buffalo Chix Bites

Bloomfield Hills Schools is providing
2023-24 FREE Michigan Meals for All to students from Pre-K to 12th grade this school year!

Make sure to take advantage of this amazing program!

All complete breakfasts and lunches are FREE!

Only one breakfast and lunch per student per day

Ala carte options will be available at an extra charge - Adult Meals - \$5.50

248.341.5671

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

Buffalo Chicken Mac & Cheese

Creamy Mac & Cheese served with
Crispy Chicken bites and Buffalo Sauce

Chicken and Waffle Sandwich

Crispy Chicken sandwiched between 2
Waffles with optional Coleslaw and a
variety of toppings

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

Vegan Nuggets

Breaded Veggie Nuggets seasoned
and baked to taste like Chicken!

Nacho Dorito Taco Bowl

Beef and Cheese filled Doritos
Served with refried beans

Popcorn Chicken Bowl

Crispy Popcorn Chicken over
Creamy Mashed Potatoes
topped with Corn and Chicken

Gravy

Meatloaf Burger

Cheesy Meatloaf Burger on a WG
Bun served with French Fries

Meatball Grinder

Meatballs tossed in Marinara topped
with melted Mozzarella cheese and
topped with optional Peppers &
Onions with Fries

Orange Chicken

Crispy battered chicken bites glazed
in a sweet orange sauce, served over
rice with Asian mixed Veggies

Bosco Sticks

Mozzerella cheese filled WG breadsticks
served with Marinara Sauce

Pasta Bar

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

Beef and Cheese Nachos

Beef and Cheese over Tortilla Chips
Served with refried beans and
Toppings

2 Soft Tacos

Beef or Chicken and Cheese
Served with refried beans

Chicken Patty Sandwich

All White Meat Lightly Breaded Plain
or spicy Chicken Patty Served on a
WG Bun

Flat Bread Chicken Cheddar Melt
Goopy Cheddar Cheese melted
over Popcorn Chicken Bites
between WG Flatbread Served
with Tater Tots

Chicken Thai Rice Bowl

Crispy Chicken over WG Rice
Tossed in a Thai Sun Butter Sauce

Pulled Pork sandwich

Tangy Shredded Pork on a WG Bun
served with Baked Beans

FREE BREAKFAST

Preordered Daily

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

Fruit and Veggies!

Offered Daily

Choose up to 3

Michigan Apples, Blueberries or
Cherries

Cupped Fruit or Applesauce
Fries, Salad, Crispy Carrots, Hot
Veg of the day, Edamame or
Cut fresh Veggies



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