

# OCTOBER 2023 BOWERS ACADEMY MENU

Lunch Delivered Daily

## Monday

**2** JET'S PIZZA!  
OR Bacon Cheese Burger  
with Fries

**9** JET'S PIZZA!  
OR Fish Sticks with  
Garlic Bread

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

**23** JET'S PIZZA!  
OR Chicken & Waffle  
EGGOGI Sandwich

**30** JET'S PIZZA!  
OR Fish Stick Sandwich  
with Fries

## Tuesday

**3** 1/2 Day!  
**NO LUNCH!**

**10** Popcorn Chicken  
Parmesan Flatbread

**17** Pasta Bar  
Choice of Marinara Sauce,  
Alfredo with Chicken or  
Meatballs with Garlic Toast

**24** 2 Beef or Chicken Tacos  
served with Pico corn,  
Refried Beans and Churros

**31** 1/2 Day!  
**NO LUNCH!**

## Wednesday

**4** Oriental Beef Dipper Stir  
Fry served w/ Rice  
Served with WG rice and  
Asian Veggie Mix

**11** Dorito Taco Cheese Bowl  
Served with Black Beans  
and Churros

**18** Meatball Grinder  
with Marinara and Cheese  
served with optional  
Peppers and onions

**25** Flatbread  
Chicken/Cheddar Melt  
w/ Tomato Soup

## Thursday

**5** Bosco Day! OR  
Emoji Waffle w/ Turkey  
Sausage 🤪

**12** Bosco Day!  
OR Vegan Nuggets with  
Fries

**19** Bosco Day!  
French Toast Sticks w/  
Turkey Sausage

**26** Bosco Day!  
OR Pulled Pork Sandwich  
and Baked Beans

## Friday

**6** Chicken Drumstick served  
with Mashed Potatoes,  
Chicken Gravy & Corn

**13** Orange Chicken w/ Rice  
Served with WG rice, Asian  
Veggie Mix

**20** Beef & Cheese Tatchos  
served with Corn

**27** Macaroni and Cheese  
w/ Broccoli

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.

248.341.5671





## DAILY LUNCH OPTIONS!

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

### Meatball Grinder

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

### Jets Pizza

Crispy Deep Dish Cheese Pizza with Jet's famous sauce!

### Chicken Tenders

All White Meat Lightly Breaded Chicken Strips

Served with WG muffin

### Nacho Dorito Taco Bowl

Beef and Cheese filled Doritos  
Served with refried beans

### Chicken Tenders

All White Meat Lightly Breaded Chicken Strips

Served with WG muffin

### EGGOJI Waffle and Sausage

2 animated WG Waffles  
served with turkey sausage patties  
and Syrup cup 🍷

### Oriental Beef Stirfry

Beef bites glazed in Teriyaki sauce  
served over WG rice with Asian mixed  
Veggies

### Flat Bread Cheddar Melt

Goopy Cheddar Cheese melted  
between WG Flatbread Served  
with Tater Tots

### French Toast with Turkey Sausage

Crispy French Toast Sticks served  
with a Turkey Sausage Patty, Syrup,  
Hash Brown Patty

### 2 Soft Tacos

Beef or Chicken and Cheese  
Served with refried beans

### Flat Bread Chicken Cheddar Melt

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

### Fish Sticks

Lightly Breaded Haddock  
Served with WG muffin

### Pulled Pork sandwich

Tangy Shredded Pork on a WG Bun  
served with Baked Beans

### Vegan Nuggets

Breaded Veggie Nuggets seasoned and  
baked to taste like Chicken!

### Pasta Bar

Pasta served with Marinara Sauce or  
Alfredo served with choices of Beef  
Meatballs, Diced Chicken and Broccoli.  
Served with Parmesan, and Garlic Toast

### Bosco Sticks

Mozzerella cheese filled breadsticks  
served with Marinara Sauce

### Orange Chicken

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

### Mini Corn Dogs

Mini Turkey hotdogs battered in a crispy  
whole grain Corn Bread Batter served with  
French Fries

### Chicken Patty Sandwich

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

### Chicken and Waffle Sandwich

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

### Beef and Cheese Tatchos

Beef and Cheese over Crispy Tater Tots  
Served with refried beans and Toppings

## 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

**Join us in learning  
about**

**Michigan Produce!**

a variety of Michigan Carrots,  
Blueberries, Apples, Salad  
Greens, Cherries available Daily  
on our Fruit and Veggie Bar!

DAIRY  
Free

Gluten Free  
option available per  
medical request-  
preorder required

gluten  
FREE

Vegetarian and  
Dairy Free options  
available - preorder  
required

100%  
VEGETARIAN

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