

NOVEMBER 2023 BOWERS ACADEMY MENU

Breakfast and Lunch
Delivered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

6 EGGOJI Waffles and Sausage

WG Waffles served with turkey sausage & Smile Potatoes

13 JET'S PIZZA!

OR Fish Sticks with Fries

20 JET'S PIZZA!

OR Mac & Cheese Burger with Sweet Potato Fries

27 JET'S PIZZA!

OR Chicken & Waffle
EGGOGI Sandwich

7 NO SCHOOL!

14
Dorito Taco Cheese Bowl
Served with Black Beans and Churros

21
Roast Turkey served with Mashed Potatoes, Gravy & a corn muffin

28
2 Beef or Chicken Tacos served with Pico corn, Refried Beans and Churros

1
Chicken Alfredo Pasta, served with Broccoli and Garlic Toast

8
Oriental Beef Dipper Stir Fry served w/ Rice
Served with WG rice and Asian Veggie Mix

15
Meatball Grinder with Marinara and Cheese served with optional Peppers and onions

22 NO SCHOOL!

29
Grilled Cheddar Flat Bread & Tomato Soup

2
Loaded Chicken and Cheese Tot Bowl

9
Bosco Day! OR
Emoji Waffle w/ Turkey Sausage

16
Bosco Day!
OR Vegan Nuggets with Fries

Happy Thanksgiving

3
General Tso Chicken w/ Rice
Served with WG rice & Asian Veggie Mix

10
Chicken Drumstick served with Mashed Potatoes, Chicken Gravy & Corn

17
Orange Chicken w/ Rice
Served with WG rice, Asian Veggie Mix

30
Pulled Chicken Sandwich with Vegetarian Baked Beans

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

aramark

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

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

Roast Turkey Dinner

Tender Sliced Turkey in Gravy Served with Mashed Potatoes, Gravy and a Corn Muffin

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

Grilled Cheddar Flat Bread

Goosey Cheddar Cheese melted between WG Flatbread Served with creamy Tomato Soup

Fish Sticks

Lightly Breaded Haddock
Served with WG muffin

Vegan Nuggets

Breaded Veggie Nuggets seasoned and baked to taste like Chicken!

General Tso Chicken

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

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

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

Pulled Chicken BBQ Sandwich

Shredded Chicken tossed in Tangy BBQ Sauce served on a WG Bun with Vegetarian Baked Beans

Chicken Drumstick

Breaded Chicken Drumstick Served with Mashed Potatoes, Gravy and Corn

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!



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**