

# SEPTEMBER 2024

## BOWERS ACADEMY MENU

Lunch Delivered Daily at 11:45am  
Preorder Breakfast Delivered ready  
when students Arrive to School

### Monday

**HAPPY**  
**LABOR DAY!**

**9** BBQ Chicken Drumstick  
w/ mashed potatoes  
**MICHIGAN VEGGIES**

**16** Waffles and  
Chicken  
Sweet Potato Fries

**23** Loaded Popcorn Chicken  
Cheese Tot Bowl

**30** Popcorn Chicken Bowl,  
w/ mashed potatoes,  
gravy and Corn

### Tuesday

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

**10** Turkey Barbacoa Tacos  
WG Rice and  
Refried Beans

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

**24** Beef & Cheese Nachos  
served with corn  
Refried Beans

### Wednesday

**4** Greek Gyros  
Rice Pilaf  
**JET'S Pizza Day!**

**11** Chicken Waffle  
sandwich w/ Fries  
**JET'S Pizza Day!**

**18** Meatball Grinder  
w/ Fries  
**JET'S Pizza Day!**

**25** Grilled Cheese sandwich  
w/ Tomato Soup  
**JET'S Pizza Day!**

### Thursday

**5** Beef or Cheese Lasagna  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

**12** Buffalo Chicken Mac &  
Cheese  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

**19** Mac & Cheese  
Steamed Broccoli and  
Garlic Bread

**26** Chicken Alfredo Pasta  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

### Friday

**6** General Tso Chicken  
w/ WG rice and Stir-  
fried Veggies

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

**20** Chicken Teriyaki  
served w/ Rice  
Served with WG rice and  
Asian Veggie Mix

**27** Orange Chicken  
w/ WG rice and Stir-  
fried Veggies

Bloomfield Hills Schools is providing  
2024-25 FREE Michigan Meals for All to students from Pre-K4 to 12th grade  
again this school year! Ala carte will be offered at an extra cost in most locations

All meals include Proteins & whole grains  
At least 1/2 cup fruits and veggies and  
1% white or Chocolate milk

248.341.5671  
aramark

# DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR  
CHICKEN TENDERS  
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS, PIZZA  
VARIETY OF ENTREE SALADS AND  
GRAB AND GO SUBS AND WRAPS  
AND MUCH MORE!!**

## Dorito Taco Cheese Bowl

Crispy Baked Nacho Cheese Doritos  
Topped with Beef and Cheese Sauce  
Served with refried beans

## Turkey Barbacoa Tacos

Seasoned ground turkey served on  
Flour Tortillas  
Served with Pico Corn salad

## Meatball Grinder

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

## Beef and Cheese Tatchos

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

## Macaroni & Cheese

Whole grain pasta tossed in  
a creamy cheddar cheese sauce  
served with fresh steamed Broccoli

## EGGOJI Waffle and Chicken Sandwich 🍌

All White meat Chicken Patty between  
2 crispy animated WG Waffles

## Chicken Teriyaki

Breaded Popcorn Chicken glazed in  
Teriyaki sauce served over WG rice  
with Asian mixed Veggies

## Buffalo Chicken Mac & Cheese

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

## Orange Chicken

Crispy battered chicken bites glazed in a  
Zesty Orange sauce, served over WG  
rice with Asian mixed Veggies

## Beef or Cheese Lasagna

Cheese Filled Pasta rolls topped with  
marinara sauce or meat sauce served  
with Broccoli and garlic breadstick

## Chicken Alfredo Pasta

Al Dente Pasta topped with creamy  
Parmesan Cheese sauce and grilled  
chicken. Served with Broccoli and garlic  
breadstick

## Beef Gyro

Seasoned shave beef strips served on  
a whole grain Pita with tangy  
cucumber sauce and optional diced  
tomatoes and onions

## BBQ Chicken Drumstick

Chicken leg glazed in Sweet BBQ Sauce  
served with Mashed Potatoes, Chicken  
Gravy and Green Beans

## Chicken and Waffles

Crispy White meat breaded Chicken Strips  
Served with Sweet Belgium Waffles,  
Syrup Cup and optional Sweet Potato  
Fries

## Beef and Cheese Nachos

Beef and Cheese on Crispy tortilla chips  
with optional toppings  
Served with refried beans

## Popcorn Chicken Bowl

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

## General Tso Chicken

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

## Chicken Thai Rice Bowl

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

## Loaded Popcorn Chicken Tot Bowl

Crispy Popcorn Chicken and creamy  
Cheddar Cheese Sauce over  
Crispy Tater Tots

## Grilled Cheese Sandwich

Creamy American Cheese melted  
between WG Bread slices, Grilled and  
Served with Tomato Soup

**scan code  
to  
preorder  
deli  
sandwich**



**SCAN ME**

## FREE BREAKFAST

**Preordered the Day Before**

Choose from  
Yogurt Parfait  
Bagels, Muffins  
Cereal Bars, Cereal  
All Breakfasts include up  
to a full cup of fruit and/or  
100% Fruit Juice and  
1% white or chocolate milk

## FRUITS AND VEGGIES!

Offered Daily  
Includes Michigan Produce such  
as Blueberries, Lettuce, Carrots,  
Legumes and Apples and Salad 1

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**

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