

SEPTEMBER 2024 GOWER MIDDLE LUNCH MENU

A la carte hot items for purchase everyday:

**Chicken Patty
Cheeseburger or Hot dog**

A la carte cold items everyday:

Deli sandwich, wraps or cheese sandwich and smuckers peanut butter and jelly

A la carte breakfast items are served from 8:20-8:30

You can add money to your child's account on www.mymealtime.com

Plant based/veggie options are available upon request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3 Mac n cheese with broccoli and a biscuit	4 Spicy chicken sandwich with coleslaw	5 Corn dogs with tater tots	6 Bosco cheese sticks with marinara sauce and a small salad
8 Shredded BBQ chicken sandwich and fries	9 Breakfast for lunch Waffles with turkey sausage & yogurt	10 Grilled veggie quesadillas with cheese & rice	11 Penne pasta with garlic bread	12 Personal Cheese pizza
16 Chicken tenders buttered noodles and carrots	17 Sloppy Joe sandwich and chips	18 Grilled cheese and tomato soup	19 Beef taco bowl with beans, lettuce salsa, cheese & tortilla chips	20 Early dismissal No lunch served
23 All beef cheeseburger and waffles fries	24 Orange chicken rice bowl with broccoli	25 Southwest chicken wrap with chips	26 Chicken tenders and tator tots	27 Bosco cheese sticks with marinara sauce
30 Cheese quesadilla with refried beans, chips & salsa	EVERY HOT MEAL COMES WITH A SMALL SALAD MILK OR SMALL WATER	Don't forget to check out the salad bar!	ALL MENU ITEMS ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY	Tracy Jannenga Food Service Manager Gower School District tjannenga@gower62.com