

# Gower West September 2024 Lunch Menu



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 <b>LABOR DAY</b>	3 Mac n cheese with broccoli and a biscuit	4 Baked chicken sandwich with pretzels	5 All beef cheeseburger and fries	6 Bosco cheese sticks with marinara sauce and a small salad
9 Shredded BBQ chicken sandwich and fries	10 Breakfast for lunch Waffles with turkey sausage & yogurt	11 Grilled veggie quesadillas with cheese & rice	12 Penne pasta with garlic bread	13 Personal Cheese pizza
16 Chicken tenders buttered noodles and carrots	17 All beef hot dog and fries	18 Grilled cheese and tomato soup	19 Beef taco bowl with chips and salsa	20 <b>Early dismissal No lunch served</b>
23 All beef cheeseburger and waffles fries	24 Cheese quesadilla Chips and salsa	25 Southwest chicken wrap with chips	26 Chicken tenders and tator tots	27 Bosco cheese sticks with marinara sauce
30 Cheese pizza and pretzels	<p><b>EVERY HOT MEAL COMES WITH A SMALL SALAD MILK OR SMALL WATER</b></p>		<p><b>ALL MENU ITEMS ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY</b></p>	<p>Tracy Jannenga Food Service Manager Gower School District tjannenga@gower62.com</p>

You can add money to your child's account on [www.mymealtime.com](http://www.mymealtime.com)

Plant based/veggie options are available upon request