

OCTOBER 2024

BOWERS ACADEMY MENU

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

Monday

Tuesday

Wednesday

Thursday

Friday

1 Chicken Quesadilla
served with Rice, Pico
Corn and Refried Beans

2 Philly Cheese Steak
sandwich w/ Fries
JET'S Pizza Day!

3 **No
School!**

4 Orange Chicken
w/ WG rice and Stir-
fried Veggies

7 Crispy Chicken
Drumstick, Roll
w/ mashed potatoes
and Gravy

8 Dorito Taco Cheese Bowl
Served with Black Beans
and Churros

9 **1/2 Day!
NO HOT LUNCH!**

10 Beef or Cheese Lasagna
Garlic Breadstick
MICHIGAN BROCCOLI

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

14 BBQ Chicken Drumstick
w/ mashed potatoes
and Gravy

15 Turkey Barbacoa Tacos
WG Rice and
Refried Beans

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

17 Buffalo Chicken Mac &
Cheese
Garlic Breadstick
MICHIGAN BROCCOLI

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

21 Waffles and
Chicken
Sweet Potato Fries

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

23 Meatball Grinder
w/ Fries
JET'S Pizza Day!

24 Mac & Cheese
Steamed Broccoli and
Garlic Bread

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

28 Loaded Popcorn Chicken
Cheese Tot Bowl

29 Beef & Cheese Nachos
served with corn
Refried Beans

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

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

Bloomfield Hills Schools is providing
2024-25 FREE Michigan Meals for All to students from Pre-K4 to 12th grade
again this school year!
All meals include Proteins & whole grains
At least 1/2 cup fruits and veggies and
1% white or Chocolate milk

248.341.5671

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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

Chicken & Cheese Quesadilla

Flour Tortilla grilled with white meat
Chicken and Cheddar Cheese
Served with WG Rice & Refried
Beans

Philly Steak and Cheese

Shaved seasoned beef on a WG sub
bun topped with melted Mozzarella
cheese and optional Peppers & Onions
with Fries

Orange Chicken

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

Chicken Drumstick

Crispy breaded chicken leg served with
Mashed Potatoes, Chicken Gravy and
Green Beans

Dorito Taco Cheese Bowl

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

Beef or Cheese Lasagna

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

General Tso Chicken

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

BBQ Chicken Drumstick

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

Turkey Barbacoa Tacos

Seasoned ground turkey served on
Flour Tortillas

Served with Pico Corn salad
and Refried Beans

Chicken and Waffles

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

Buffalo Chicken Mac & Cheese

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

Chicken Thai Rice Bowl

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

EGGOJI Waffle and Chicken Sandwich

All White meat Chicken Patty between
2 crispy animated WG Waffles

Beef and Cheese Tachos

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

Meatball Grinder

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

Macaroni & Cheese

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

Chicken Teriyaki

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

Loaded Popcorn Chicken Tot Bowl

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

Beef and Cheese Nachos

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

Grilled Cheese Sandwich

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

Jets Pizza

Crispy Deep Dish Cheese Pizza with Jet's
famous sauce! Choose from Cheese,
Pepperoni or Veggie!

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 Fresh
Green Side Salad



Gluten Free
option available per
medical request-
preorder required



Vegetarian and
Dairy Free options
available



248.341.5671



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