

# APRIL 2025

## BOWERS ACADEMY MENU

Breakfast - Served in Food for Thought  
and Java City 7:30am/9:25am  
Lunch - 11am - 1:15 pm Main Cafe

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
Dorito Taco Cheese Bowl  
Served with Black Beans  
and Churros

**2**  
Greek Gyros  
Rice Pilaf  
JET'S Pizza Day!

**3**  
Beef or Cheese Lasagna  
Garlic Breadstick  
MICHIGAN BROCCOLI

**4**  
General Tso Chicken  
w/ WG rice and  
Stir-fried Veggies

**7**  
BBQ Chicken Drumstick  
w/ mashed potatoes  
and Gravy

**8**  
Turkey Barbacoa Tacos  
WG Rice and  
Refried Beans

**9**  
**No  
Lunch!**

**10**  
**No  
Lunch!**

**11**  
**No  
Lunch!**

**14**  
Waffles and  
Chicken Sandwich  
w/ Sweet Potato Fries

**15**  
Beef & Cheese Tatchos  
served with Corn and a  
variety of toppings

**16**  
Meatball Grinder  
w/ Fries  
JET'S Pizza Day!

**17**  
Mac & Cheese  
Steamed Broccoli and  
Garlic Bread

**18**  
**No  
School!**

**21**  
Loaded Popcorn Chicken  
Cheese Tot Bowl

**22**  
Beef & Cheese Nachos  
served with corn  
Refried Beans

**23**  
Grilled Cheese sandwich  
w/ Tomato Soup  
JET'S Pizza Day!

**24**  
Chicken Alfredo Pasta  
Garlic Breadstick  
MICHIGAN BROCCOLI

**25**  
Sweet and Sour Chicken  
w/ WG rice and Stir-fried  
Veggies

**28**  
Popcorn Chicken Bowl,  
w/ mashed potatoes,  
gravy and Corn

**29**  
Chicken Quesadilla  
served with Rice, Pico  
Corn and Refried Beans

**30**  
Philly Cheese Steak  
sandwich w/ Fries  
JET'S Pizza Day!

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

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

### Beef Gyro

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

### 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

### EGGOJI Waffle and Chicken Sandwich

All White meat Chicken Patty between  
2 crispy animated WG Waffles

### Beef and Cheese Tatchos

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

### 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

### Chicken Alfredo Pasta

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

### Sweet and Sour Chicken

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

### Popcorn Chicken Bowl

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

### 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

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 - preorder  
required

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