

# JANUARY LUNCH MENU 2026

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

## Gower Middle School

**MENU ITEMS ARE SUBJECT  
TO CHANGE ACCORDING TO  
SEASONALITY AND  
AVAILABILITY**

**Every main lunch comes  
with a small salad and  
milk or water**

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Food Service Manager  
Gower School District  
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A la carte items  
include:  
Cheeseburger,  
Baked chicken  
sandwich, All beef  
hot dog, Cheese  
pizza, Deli  
sandwiches, PBJ,  
Yogurt parfaits  
and assorted  
fresh fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	Grilled cheese with tomato soup	6	Baked chicken sandwich with baked chips	7	Popcorn chicken with a side of mac & cheese
8	Meatball sub with fries	9	Cheese pizza & small salad		
12	Parmesan chicken sandwich & caesar salad	13	Beef sloppy joe with baked chips	14	Cheese ravioli with red sauce & garlic bread
15	Personal pan pizza with pretzels	16	Early Dismissal		
19	President's Day No School	20	Chicken tenders with fries and small salad	21	Popcorn chicken bowl with mashed potatoes and corn
22	Pasta with red sauce, beef meatballs(optional) & garlic bread	23	Bosco cheese sticks		
26	French toast with sausage & gogurt	27	Spicy chicken sandwich with coleslaw	28	Beef taco bowl with chips & salsa
29	All beef hot dog with chili topping	30	Cheese pizza		