



Sister Thea Bowman Elementary/Middle School



Sister Thea Bowman Cycle Breakfast K-8

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes w/Syrup Or Cereal w/ Goldfish Crackers Fresh Fruit Milk	Apple Strudel w/Turkey Sausage or Cereal w/Goldfish Crackers Fresh Fruit Milk	Breakfast Pizza Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Waffles w/Syrup Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Breakfast Skillet Eggs & Turkey Sausage Or Cereal w/Goldfish Crackers Fresh Fruit Milk
French Toast w/Syrup Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Turkey Sausage Muffin Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Blueberry Yogurt Parfait Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Chicken & Biscuit Sandwich Or Cereal w/Goldfish Crackers Fresh Fruit Milk	Cinnamon Roll w/ Turkey Sausage or Cereal w/Goldfish Crackers Fresh Fruit Milk
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Apple Juice and a Variety of Milk is offered with all Breakfast Daily

What Makes A Meal?

Lunch must contain a serving of a Fruit and/ or a Vegetable and up to 2 of servings of Grain, one serving of Meat/Meat alternative and/or a serving of Milk.

Sister Thea Bowman is a **PORK FREE & PEANUT FREE** school.

Please discuss any food allergy issues concerning your child with the front office

Menu Subject to Change

"This institution is an equal opportunity provider"

