



Sister Thea Bowman Elementary/Middle School



January Sister Thea Bowman Lunch Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School	2 No School	3 No School
6 BBQ Chicken Or Chicken Tenders Rice Corn Fruit	7 Walking Taco's Or Chicken Nuggets Steamed Carrots Fruit	8 Chicken Pattie Or Chicken Tenders Waffle Fries Baked Beans Fruit	9 Pasta w/Meatballs Roll Or Grilled Chicken Sandwich Broccoli Fruit	10 Pepperoni or Cheese Pizza Garden Salad Fruit
13 Corn Dog Or Chicken Tenders Baked Beans Fruit	14 Fish Sticks Or Chicken Nuggets Mac n Cheese Carrots Fruit	15 Cheeseburger Or Chicken Tenders Fries Fruit	16 Pepperoni or Cheese Pizza Garden Salad Fruit	17 No School
20 No School	21 Pulled Pork Or Chicken Nuggets Baked Beans Fruit	22 Pancakes w/Sausage Or Chicken Nuggets Hash Browns Fruit	23 Grilled Cheese w/ Tomato Soup Or Grilled Chicken Sandwich Carrots Fruit	24 Pepperoni or Cheese Pizza Garden Salad Fruit
27 Tuna Noodle Casserole Or Chicken Tenders Green Beans Fruit	28 Meatball Hoagies Or Chicken Nuggets Waffle Fries Fruit	29 Turkey Wrap Or Chicken Tenders Broccoli Fruit	30 Hot Dogs Or Grilled Chicken Sandwich Chips Baked Beans Fruit	31 Pepperoni or Cheese Pizza Garden Salad Fruit
Grill Selection Monday – Chicken Tenders Tuesday – Chicken Nuggets Wednesday – Chicken Tenders Thursday – Grilled Chicken Sandwich Fresh Fruit and Vegetables offered 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 **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"

