



Sister Thea Bowman Elementary/Middle School



March Sister Thea Bowman Lunch Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Drum Stick w/Roll Or PB & J Baked Beans Fruit Milk	2 Meat Loaf Or PB& J Mashed Potatoes Peas Fruit Milk	3 Egg McMuffin w/& Cheese Or PB & J Hashbrown Fruit Milk	4 Cheeseburger or PB & J French Fries Fruit Milk	5 Cheese Pizza Garden Salad Fruit Milk
8 Pancakes w/Sausage Or PB & J Hash Browns Fruit Milk	9 Chicken Nuggets w/Roll Or PB & J Broccoli Fruit Milk	10 Spaghetti w/Bread Stick Or PB & J Fruit Milk	11 Walking Taco w/ Cheese & Lettuce Or PB & J Corn Fruit Milk	12 Bosco Sticks w/Sauce Garden Salad Fruit Milk
15 Soft Taco Or PB & J Corn Fruit Milk	16 Chicken Tenders Or PB & J Stuffing Broccoli Fruit Milk	17 Turkey Wrap w/Cheese & Lettuce Or PB & J Chips Peas Fruit Milk	18 Sloppy Joe Sandwich Or PB & J French Fries Fruit Milk	19 Cheese Pizza Garden Salad Fruit Milk
22 Hot Dog Or PB & J French Fries Corn Fruit Milk	23 Grilled Cheese w/Tomato Soup or PB & J Fruit Milk	24 Chicken Pattie Or PB & J Baked Beans Fruit Milk	25 Chicken Teriyaki Or PB & J Rice Fruit Milk	26 Bosco Sticks w/Sauce Garden Salad Fruit Milk
29 Chicken Drum Stick w/Roll Or PB & J Baked Beans Fruit Milk	30 Soft Taco Or PB & J Corn Fruit Milk	31 Quesadilla or PB & J French Fries Fruit Milk		

*PB&J – This is a Sunflower Butter and Jelly Sandwich. We call it PB & J because that is familiar to the students. There is NO peanut butter.
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"

