

Sister Thea Bowman Elementary/Middle School



November Sister Thea Bowman Lunch Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets w/Roll Or PB & J Baked Beans Fruit Milk	3 No School	4 Fish Sticks Or PB & J Mac N Cheese Fruit Milk	5 Grilled Cheese Sandwich Or PB & J Tomato Soup Fruit Milk	6 Pepperoni or Cheese Pizza Garden Salad Fruit Milk
9 Bagel Sandwich w/ Egg & Cheese Or PB & J Hash Browns Fruit Milk	10 Chicken Tender's w/Roll Or PB & J Green Beans Fruit Milk	11 Corn Dog Or PB & J Baked Beans Fruit Milk	12 Pepperoni or Cheese Pizza Garden Salad Fruit Milk	13 No School
16 Hot Dog Or PB & J Baked Beans Fruit Milk	17 Popcorn Chicken w/Roll Or PB & J Cheesy Potatoes Fruit Milk	18 Cheese Quesadilla Or PB & J Carrot Sticks Fruit Milk	19 Turkey w/Gravy Mashed Potatoes Stuffing Mixed Vegetables Fruit & Milk	20 Pepperoni or Cheese Pizza Garden Salad Fruit Milk
23 Chicken Nuggets w/Roll Or PB & J Baked Beans Fruit Milk	24 Pepperoni or Cheese Pizza Garden Salad Fruit Milk	25 No School	26 No School	27 No School
30 No School				

**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"

