



Sister Thea Bowman Elementary/Middle School



October Sister Thea Bowman - Lunch Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Pattie Or PB & J Tator Tots Fruit Milk	2 No School
5 Hot Dog Or PB & J Baked Beans Fruit Milk	6 Popcorn Chicken w/Roll Or PB & J French Fries Fruit Milk	7 Cheese Burger Or PB & J Carrot Sticks Fruit Milk	8 French Toast Sticks w/ Sausage Or PB & J Hash Brown Fruit Milk	9 Pepperoni or Cheese Pizza Garden Salad Fruit Milk
12 Chicken Nuggets w/Roll Or PB & J Baked Beans Fruit Milk	13 Pancake's w/Sausage Or PB & J Hashbrown Fruit Milk	14 Fish Sticks Or PB & J Mac N Cheese Fruit Milk	15 Grilled Cheese Sandwich Or PB & J Tomato Soup Fruit Milk	16 Pepperoni or Cheese Pizza Garden Salad Fruit Milk
19 Meat Ball Hoagie Or PB & J French Fries Fruit Milk	20 Chicken Tender's w/Roll Or PB & J Corn Fruit Milk	21 Corn Dog Or PB & J Baked Beans Fruit Milk	22 Chicken Pattie Or PB & J Tator Tots Fruit Milk	23 Pepperoni or Cheese Pizza Garden Salad Fruit Milk
26 Hot Dog Or PB & J Baked Beans Fruit Milk	27 Popcorn Chicken w/Roll Or PB & J Mashed Potatoes w/Gravy Fruit Milk	28 Cheese Burger Or PB & J Carrot Sticks Fruit Milk	29 French Toast Sticks w/ Sausage Or PB & J Hash Brown Fruit Milk	30 Pepperoni or Cheese Pizza Garden Salad 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"

