



# DECEMBER 2022 BOWERS ACADEMY MENU

Fall 2022 Lunch Prices

Full Pay - \$3.90

Reduced Price \$.40

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5**  
JET'S Cheese or  
Pepperoni Pizza

**6**  
Fiesta Bar  
Beef or Chicken Tacos or  
Nachos w/ Toppings  
Refried Beans

**7** Philly Steak and Cheese  
Sub  
w/pepper/ Onions  
and Fries

**1**  
Pasta Bar  
Garlic Breadstick  
Steamed Broccoli

**2**  
Orange Chicken  
Rice/Fortune Cookie  
Asian Blend Veggies

**12**  
JET'S Cheese or  
Pepperoni Pizza

**13**  
Fiesta Bar  
Beef or Chicken Tacos or  
Nachos w/ Toppings  
Refried Beans

**14**  
Chicken Scharma  
w/ Tzakti Sauce  
Fries

**8**  
Cheese Cavatappi  
Garlic Breadstick  
Steamed Broccoli

**9**  
Chicken Drumstick,  
Bowl Mashed Potatoes,  
Corn

**15**  
Buffalo Chicken Meatball  
Macaroni and Cheese  
w/ Breadstick

**16**  
General Tso Chicken  
Rice/Fortune Cookie  
Asian Blend Veggies

**19**  
JET'S Cheese or  
Pepperoni Pizza

**20**  
Taco Tuesday!  
Chicken Enchilada w/  
MICHIGAN SALAD GREENS  
Refried Bean

**21**  
Philly Cheesesteak  
sandwich w/ Fries  
JET'S Pizza Day!

**22**  
Marinara Pasta w/  
Meatballs  
Garlic Breadstick  
MICHIGAN BROCCOLI

**23**  
Orange Chicken  
w/ WG rice and Stir-  
fried Veggies

Dec 22-Jan 6

TIS THE SEASON TO BE JOLLY

**Winter Break!**  
**No School!**

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white milk

248.341.5671



## DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR  
CHICKEN TENDERS  
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS  
VARIETY OF ENTREE SALADS AND  
GRAB AND GO SUBS AND WRAPS  
AND MUCH MORE!!**

All Beef Hot Dog: All beef hot dog to served on a whole grain bun

Chicken and Waffles: Lightly breaded white meat crispy chicken, served with Sweet Waffle, and Sweet potato fries

Jet's Pizza: deep dish cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

Lasagna Roll-up: pasta noodles filled with creamy ricotta and mozzarella cheese, topped with marinara sauce, served with garlic breadstick

Bosco Cheese Sticks: Whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemade roll and butter

Fiesta Bar  
2 flour or corn tortilla chips filled with chicken or beef, topped with cheese with Lettuce, rice, beans and optional toppings served on the side.

Grilled Cheese and Tomato Soup: Crispy grilled sandwich stuffed with American cheeses and served with creamy tomato soup.

Burgers  
All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Chicken Caesar Salad: Romaine lettuce, all natural white meat chicken, parmesan cheese, croutons, Caesar dressing and a muffin

Pasta Bar  
Your choice of Pasta topped with marinara sauce or Alfredo and choice of meatballs or chicken served with Broccoli and garlic breadstick

Philly Cheese Steak  
Thin slice beef served on a whole grain bun with provolone cheese and optional grilled peppers and onions Served with Crispy French Fries

Beef Gyros  
Thin sliced Gyro Meat served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions Served with Crispy French Fries

**Monthly Special! Try something NEW!**

Buffalo Mac & Cheese Bowl  
Mac and cheese with tangy meatballs and Blue Cheese Crumbles

**MENU SUBJECT TO CHANGE WITHOUT NOTICE  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY  
PROVIDER**

## \$2.00 BREAKFAST

**Offered Daily  
in the Cafe 7:30am and 9:15  
am**

**Choose from  
Yogurt Parfait  
Bagels, Muffins  
Cereal Bars, Cereal  
All Breakfasts include up  
to a full cup of fruit and/or  
Juice and a 1% white or  
chocolate milk**

### **Fruit and Veggie Bar!**

**Offered Daily  
Includes Michigan Produce such  
as Blueberries, Cherries,  
Michigan Lettuce, Legumes and  
Apples  
plus MUCH more Fruits and  
Veggies to Choose from!**

**1% White or Chocolate milk is  
included with every meal!**



Gluten Free  
option available per  
medical request-  
preorder required

Vegetarian and  
Dairy Free options  
available - preorder  
required