

APRIL 2023 BOWERS MENU

Full Pay Lunch -

\$3.90 - \$4.25

Full Pay Breakfast

\$2.00-\$2.50

There will be no charge for reduce price meals throughout the remainder of the 22-23 school year

Monday

3
JET'S Cheese or
Pepperoni Pizza

10
JET'S Cheese or
Pepperoni Pizza

17
JET'S Cheese or
Pepperoni Pizza

24
JET'S Pizza
or Try Something New!
Asian Chicken Salad

Tuesday

4
Fiesta Bar
Beef or Chicken Tacos or
Nachos w/ Toppings
Refried Beans

11
Fiesta Bar
Beef or Chicken Tacos or
Nachos w/ Toppings
Refried Beans

18
Fiesta Bar
Beef or Chicken Tacos or
Nachos w/ Toppings
Refried Beans

25
Fiesta Bar
Beef or Chicken Tacos or
Nachos w/ Toppings
Refried Beans

Wednesday

5
All Beef Hot Dog Bar
Fries

12
**Testing
No Lunch!**

19
Greek Beef Gyro
w/ Tzakti Sauce
Fries

26
Philly Steak and Cheese
Sub w/ Fries
& pepper/ Onions

Thursday

6 Macaroni & Cheese
Garlic Breadstick
Steamed Broccoli

13
**Testing
No Lunch!**

20
Pasta Bar
Garlic Breadstick
Steamed Broccoli

27
Cheese Cavatappi
Garlic Breadstick
Steamed Broccoli

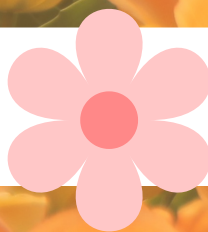
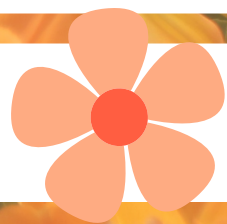
Friday

7
**No
School!**

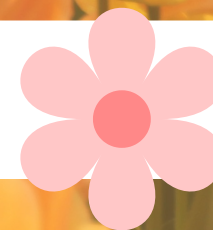
14
Popcorn Chicken Bowl
Mashed Potatoes, Corn

21
**1/2 Day
No Lunch!**

28
Chicken Drumstick,
Bowl Mashed Potatoes,
Corn



HAPPY SPRING!!!



All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk

248.341.5671

DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS,
BOSCO STICKS (T/Th) or House made pizza (W/F)
VARIETY OF ENTREE SALADS AND SUBS**

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



EMOJI Waffle and Chix

Crisp, chicken Tender served with EMOJI
Waffle, Syrup cup

Fry Something New!

Asian Chicken Salad

Lettuce, Mandarin Oranges, Chicken, Chow
Mein Noodles w/ Sesame dressing and
Scallion Flatbread

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

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

Hot Dog Bar

All beef hot dog to served on a
whole grain bun with choice of
chili, cheese sauce and much
more!

Burgers

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

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.

Pasta Bar

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

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

Chicken Drumsticks: Lightly
breaded crispy chicken, served with
Creamy Mashed Potatoes, chicken
Gravy and Corn

\$2.00 BREAKFAST

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**

Fruits and Veggies!

Offered Daily

Includes Michigan Produce such
as Blueberries, Cherries,
Michigan Lettuce, Legumes and
Apples

plus MUCH more Fruits and
Veggies to Choose from!



Gluten Free
option available per
medical request-
preorder required



Vegetarian and
Dairy Free options
available - preorder
required



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