

# NOVEMBER 2022 BOWERS MENU

Fall 2022 Lunch Prices

Full Pay - \$3.90

Reduced Price \$.40

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1**  
Beef or Chicken Tacos or  
Nachos w/ Toppings  
Refried Beans

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

**3**  
Pasta Primavera  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

**4**  
Orange Chicken  
w/ WG rice and Stir-fried  
Veggies

**7**  
Meatball Sub  
Served with  
Peppers and Onions  
and Crispy Fries

**8**  
**No  
School!**

**9**  
Chicken Scharma  
w/ Tzakti Sauce  
Fries

**10**  
Cheese Lasagna  
Garlic Breadstick  
Steamed Broccoli

**11**  
General Tso Chicken  
Rice/Fortune Cookie  
Asian Blend Veggies

**14**  
**JET'S Cheese or  
Pepperoni Pizza**

**15**  
Beef or Chicken Tacos or  
Nachos w/ Toppings  
Refried Beans

**16**  
Hot Dog Bar  
Baked Beans  
Fries

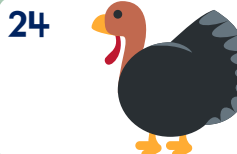
**17**  
Macaroni and Cheese  
Garlic Breadstick  
Steamed Broccoli

**18**  
Waffles and Chicken  
French Fries

**21**  
**JET'S Cheese or  
Pepperoni Pizza**

**22**  
Beef Taco Tachos  
Churro/Black Beans and  
Pickled Jalepenos

**23**  
**Happy  
Thanksgiving!  
No School!**



**25**  
**No  
School!**

**28**  
**JET'S Cheese or  
Pepperoni Pizza**

**29**  
Beef or Chicken Tacos or  
Nachos w/ Toppings  
Refried Beans

**30**  
Beef Gyro  
w/ Tzakti Sauce  
Fries

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**

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

General Tso Chicken

Crispy battered chicken bites glazed in a Tangy sweet sauce, served over rice with Asian mixed Veggies

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

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

**Monthly Special! Try something NEW!**

Beef Taco Totcho Bowl

Crispy Tater Tots, Seasoned Beef, Melty Cheese Sauce, Lettuce, Pico De Gallo

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

Pasta Primavera

Pasta topped with marinara sauce and fresh grilled Veggies and Cheese served with a 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

## \$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**

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